The Crazy Wisdom Community Journal

Issue No. 37

Ann Arbor's Holistic Magazine

SEPTEMBER THROUGH DECEMBER 2007

Meditation Teacher and Author Barbara Brodsky Shares her Story of her Quest for Healing with the Brazilian Shaman Known as "John of God"

Laz Slomovits writes about Sufi Poet Rumi, and the Upcoming Rumi Celebration

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Helping Practitioners to Grow their Businesses ~ A Profile of Ann Jones, founder of *Build Your Practice*

What's New in the Community • Free Calendar • and Other Articles

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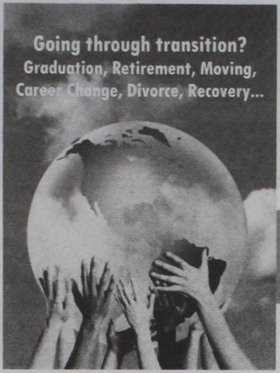

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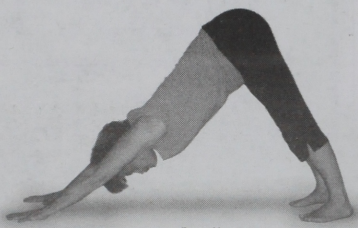

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November 27
December 18, Yule
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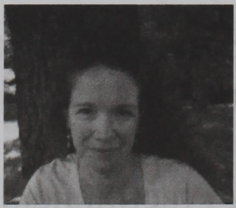

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Keynote Speaker

CONFERENCE FOCUS:

- Mind & bodily understanding of how to ignite and develop a profound Lovebond with the Earth, beginning at this conference with those who would help teach children how to do so.
- Understanding the activation of an "automatic-care-response" for the Earth and each other when life choices need to be made, at any age.
- Restoring the intuitive-feeling perception of life and all its forms as being one through experiential games based on universal truths translated into guiding principles.
- This is the beginning of a series on the naturally-arising Lovebond between humans and the Earth, and the resulting healing process for both.

WHO MIGHT ATTEND:

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EVENT HELD AT:
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Helping Practitioners to Grow their Businesses – A Profile of Ann Jones, founder of Build Your Practice

By Lani Kwon Meilgaard

When I first met Ann Jones, founder of Build Your Practice, which provides "business strategies for those in life enhancing professions," I was struck by her presence: serene, self-assured and wise. She was wearing dark slacks and a beige sweater. Her eyes were cornflower blue and her hair was white and cut in a simple, shoulder-length pageboy style, accented by opalescent shell earrings. Ann was well-organized, having an updated brochure and business card ready for me, but she was also relaxed and friendly, and I felt immediately comfortable with her as we chatted over herbal tea, while rhythmic music lilted over the sound system in the Crazy Wisdom Tea Room.

Earlier I had come across her tri-fold brochure with the bold words "Build Your Practice" on the Whole Foods bulletin board one morning. Among all the astrobright and pastel-colored flyers, this one stood out because of its eye-catching design and symmetry. As an empowerment coach, speaker and writer, I was intrigued and encouraged by the idea of strategically building one's practice in a life enhancing profession. How could those of us working in the spiritual realm, devoting ourselves to a life of service for the highest good of all, succeed in the world of business, where what counts is making a profit? Build Your Practice suggests it is possible to synthesize the two, to use tried-and-tested business strategies to collaborate with others and reach our highest potentials.

Ann Jones' background is in Psychology and PR/Marketing. She earned a Ph.D. in Organizational Development from Kent State University and has worked as a Director of Training and Development in Human Resources for several Fortune 500 companies, including American Greetings, Supervalu and Ernst and Young. She also wrote the Woman Heal Thyself companion guidebook for the CD at Stillpoint Institute of Advanced Energy Healing in Walpole, New Hampshire. On a personal note, Ann moved to Ann Arbor in 2002 in order to be closer to her children and grandchildren. She teaches psychology classes part-time at Washtenaw Community College because she believes in the community college philosophy of making higher education accessible to all. As she has made Ann Arbor her home, she also realized that her own Taoist spiritual practice was in alignment with the work of many other body-mind-spirit practitioners in this area. She certainly wasn't ready to fully retire and instead felt a calling to support those who help others. As she put it, "Now's my chance to give back to others, to help others…besides it's fun." And so Designs for the Spirit, later renamed Build Your Practice, was created.

Ann presented her first workshop at Crazy Wisdom Community Room in March 2005. She also provides consulting, marketing tools and support to individual practitioners who are seeking to transform their part-time practices into full-time vocations. In addition she works with groups, facilitating with others the community development of a battered women's and children's memorial garden, www.memgarden.com and supporting recently formed Grounding Spirit www.groundingspirit.com, a spiritually and metaphysically-oriented networking group.

Ann views this work as inherently non-competitive, understanding that life-enhancing professions are abundance-focused, community building and cooperative in nature. She realized that, with her unique background in teaching and business, she could provide guidance to others needing practical strategies and concrete plans in order to build relationships and promote their holistic and metaphysical services. As she explained, "People have all these wonderful talents and gifts, but may not have business acumen. I wanted to help the people who are helping others to reach a higher spiritual plane." Ann works with clients open to exploring and interested in fine-tuning the essence of who they are, what they do and with whom they want to work. As she told me, "I felt I had a purpose in alignment with those practitioners." While she does design brochures, business cards and websites, her most successful clients are those who think beyond the mere marketing angles of their practices, those who see the bigger picture of how they serve a purpose in the Divine plan.

> "People have all these wonderful talents and gifts, but may not have business acumen. I wanted to help the people who are helping others to reach a higher spiritual plane."

A couple of months later, in mid-July, I attended Ann Jones' Build Your Practice Workshop. There were eight others, massage therapists, counselors and a professional editor, who had signed up. We met in the Crazy Wisdom Community Room—a cozy space with positive energy located on the second floor across from the tearoom—where we could practice some of the techniques and strategies that Ann teaches. First and foremost, she explained that we had to be comfortable giving a ten-second "commercial" to any potential client in any setting. We got up and introduced ourselves this way—who we were, what we do and how it meets clients' needs—as an icebreaker exercise. She recommended always having at least five business cards handy and being confident yet at ease when introducing our businesses and ourselves. It got easier each time we tried it.

Ann had prepared workbooks outlining her S.T.E.P. approach, which consists of Service, Theme, Effectiveness and Plan. During the workshop, each of us identified what

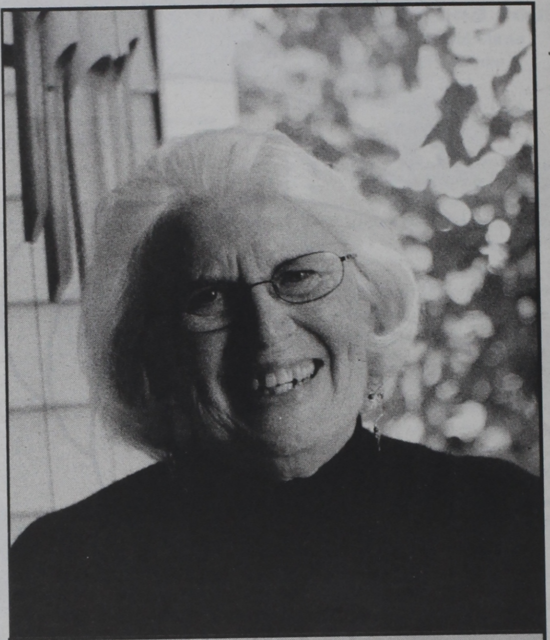

Photo by Linda Lawson

Ann Jones has become a valuable resource for holistic practitioners in the area.

service we had to offer, who our clients were likely to be and what attracts and retains them. Next, we examined our current messages and how we were presenting our services to the community. Then we investigated different methods to manage our practices better, such as creating a database, registering our business with the city and/or state and following-up with past clients and increasing client referrals. Finally, we designed a plan to enhance our professional reputations, retain clients and promote our work. The two-hour workshop sped by as each of us interacted and actively applied what we had learned. It was informative and fun, and her workbook also provided useful lists of demographics from census data, locations for free and paid advertising in this area, and easy-to-follow worksheets to outline our professional business strategies and plans.

The following week, Ann and I met again at her favorite café to follow-up. We were both more relaxed, wearing little makeup and casual clothes on a hot and humid summer day. We talked about the workshop and how well it had gone. She told me that each time she does a workshop, she learns how to tailor it better to the needs of her clients and how to better address their concerns. She uses an apt metaphor in the Build Your Practice Workshop, likening generalized knowledge to skimming the surface like a water skier and in-depth application to exploring below the surface like a scuba diver. While she had touched upon advertising in the Build Your Practice Workshop, she realized it really needed its own space and time in order to explore more in-depth all the possibilities for marketing tools, promotions and advertising. So she has designed another workshop, Advertise Your Practice, which does just that. Ann also had another updated brochure and business card for me, and this time her logo was swirled and circular, resembling a kaleidoscopic yin/yang symbol, reflecting her Taoist philosophy and her ingenuity and commitment as she continues to improve her services to those of us in life enhancing professions.

I thank Ann Jones for her time and expertise and for sharing her talent and skill with our Crazy Wisdom community!

Upcoming workshops this fall:

Build Your Practice Workshop:
Saturday, September 29th from 10:30 a.m. to 1 p.m., $50.
Advertise Your Practice Workshop:
Saturday, November 3rd from 10:30 a.m. to 1 p.m., $50.

Both workshops will take place at the Crazy Wisdom Community Room, 2nd floor across from the tearoom.

Individual consultations also available by appointment, $75.

Contact Ann Jones at (734) 972-1533 or ann@buildyourpractice.net or see her website at www.BuildYourPractice.net for more information.

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being. The **deadline for free calendar submissions** for the January thru April 2008 issue is **Wednesday, November 14**, and the **deadline for paid advertising is Wednesday, December 5**. The issue will be distributed starting in the 3rd week of December. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 55 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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The Crazy Wisdom Community Journal is published seasonally by Crazy Wisdom, Inc.

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Back issues of this publication are available, for $8 per issue. Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Newland. Cover Photograph by Linda Lawson. Photography: Linda Lawson. Staff Writers: Lani Meilgaard, Sarah Newland. Ad Design: Carol Karr. Advertising representatives: Alyssa Lazar, Bill Zirinsky. The Crazy Wisdom Calendar, and some of the articles in this issue, are posted on our website as of September 7, 2007.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Of Sad Note

Rachel McKee worked at Crazy Wisdom for five years in the early 1990's, and started the *Crazy Wisdom Community Journal* (then called the *Crazy Wisdom Calendar*). Her husband, Steve O'Rourke, was killed in a hit-and-run accident this past July, leaving behind Rachel and their three young children, Sophie, Atticus and Errol. We grieve for Rachel and her family this terrible loss.

---- the staff of Crazy Wisdom

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Calendar Highlights for September — December 2007

1) "Five Months to Live" Workshop with David Lawson
Starts September 8 -- (See Death & Dying Section)

2) Spirituality of Thomas Merton through Weber Center
September 21 -- (See Spiritual Development Section)

3) Keeping Your Kids Sane, Smart and Sweet with Judy Stone through Whole Foods
September 18 -- (See Eating and Nutrition)

4) The Crazy Wisdom Salon – Bringing Home the Global Village
Sept. 27, Oct. 18 and Nov. 15 -- (See Salons, and Ad on Page 47)

5) Rumi Celebration with Robert Bly and others
Sept. 28-30 -- (See Sufi Section, and Article on Page 16)

6) Author Robert Moss at Crazy Wisdom
October 10 -- (See Author Receptions, and Ad on Page 7)

7) Shantala Kirtan — Evening of Sacred Chanting
October 11 -- (See Music and Sound, and Ad on Page 48)

8) Ecotravel Presentation through Journeys
October 17 -- (See Travel)

9) Building the Human Heart with Dr. A.T. Ariyaratne through the Zen Buddhist Temple
October 21 -- (See Buddhist Teaching)

10) David Halperin, Author of *What Do Gay Men Want?* at Shaman Drum Bookshop
October 23 -- (See Author Receptions)

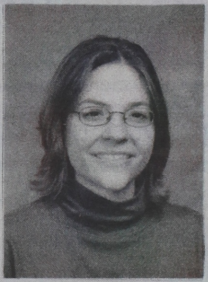
11) Spiritual Sounds of Central Asia through U.M.S.
October 24 -- (See Music and Sound)

12) Author Stanley Krippner at Crazy Wisdom
October 25 – (see Ad on Page 7)

13) 2nd Annual International Conference on "Engaging the Other: The Power of Compassion" -- in Dearborn
October 25-28 – (See Conferences Section)

14) "How to Improve Your Relationship Without Talking About It", with Carole Kirby
December 2 – (See Love & Relationships)

15) Meditations for Busy Times with Kelsang Norbu
December 13 & 20 – (See Buddhist Teaching)



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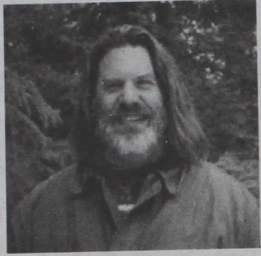

for more details visit
www.herbcraft.org/matthewwood.html
or contact jim mcdonald with questions at
(248) 737-3589 / jim@herbcraft.org

Matthew Wood is a professional member of the American Herbalists Guild, and is the author of THE BOOK of HERBAL WISDOM, THE PRACTICE of TRADITIONAL WESTERN HERBALISM, and the forthcoming EARTHWISE HERBAL.

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The Crazy Wisdom Community Journal Online
community events calendar with holistic resource guide
- listing local events, classes, and workshop
- holistic resource quide - a listing of teachers and practitioners
- interviews & articles from *The Crazy Wisdom Community Journal*

Crazy Wisdom Community Discussion Board
a place to network, ask questions, get answers, talk with others of like mind and participate in the local holistic & spiritual communities

"MAINSTREAM AND MYSTERY TOURS" Festival

A space to explore/expand your relationship to various evolutionary modalities, both mainstream and alternative.
All are to help catalyze deeper understanding of the direction and expression of your life movement.

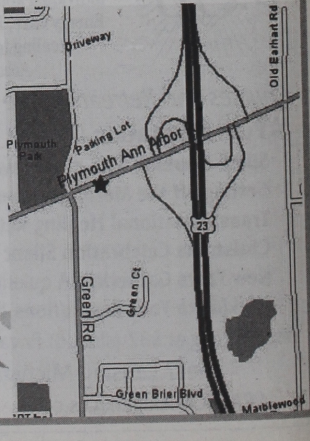
Sunday October 14th, 10:00 am to 8:30 pm

Mainstream and Alternative Helpers, Local and National - Lectures, Presentations, and Private Sessions

Schedule of Presentations:

11:30 Molly Jarin: BODY FEELING & COORDINATION: In Every Moment
12:00 Tim Utter: Kindling Our Curiosity For Life
12:40 Jim Dreyer: WHAT IS IT NOW?! A Look At Resistance & The Creative Process
1:20 Darla Getschman: MOVEMENT: From Form To Formless
2:00 Shara Lyn El: SURFING THE WAVES OF CHANGE: Feeling & Healing Your Way Through The Shift Of The Ages
2:40 Gary Merel: Spiritual Risk-Taking
3:20 Lana Jerome: STEWARDSHIP: Loving The Earth, Loving Ourselves
4:00 Antoinette Thoin: "HABITS" I've Worn Inside & Outside The Convent
4:40 Wendy Warrick: It's The Little Things
6:00 Jenny Lynn Mielentz: The Weight Of It ALL
6:40 Susan Fancy " HELLO FROM PLANET EARTH!" On Spiritual Grounding
7:20 Tom Egan: The Evolution Of Blue Radiance
8:00 Brenda Morgan: The "Right" Time For Change Is WHEN...?

Exhibitors, Readers and Vendors Include:
Feng Shui, Natural Building & Landscaping, Flower & Gemstone Essences, Wood Care & Finishing, Iridology, Acupuncture & Chinese Herbs, Art Glass, Soul Portraits, Story Tellers, Intuitive Readings & Channeling, Past Lives, Animal Human Connections, Quantum Touch & Energy Work, Yoga, NIA & Other Body Work, Holistic Skin Care ...and more!



At the Holiday Inn North Campus, Ann Arbor
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$5 admission includes mini-talks, children under 12 free. Individual session fees will vary
Love Offering for Brenda Morgan's 8pm talk: The "Right" Time For Change Is WHEN...?

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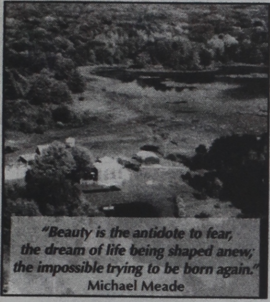

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Advertise Your Practice ~ November 3, 10:30–1:00
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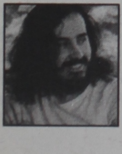
You're Invited... Author Talks & Book Signings at Crazy Wisdom

Wednesday, October 10th at 7:30 p.m. • The Secret of *The Three "Only" Things* with Robert Moss • In *The Three "Only" Things: Tapping the Power of Dreams, Coincidence, and Imagination*, Robert Moss offers practical suggestions for harnessing the life-altering power of the three "only" things. His book is full of amazing stories - from everyday people, as well as the lives of celebrities, inventors, and world-changers – that offer compelling evidence for the guidance, healing, and energy they regularly bring to our lives.

Sunday, October 21st at 1 p.m. • *Apology: The Importance of Saying "I'm Sorry"* with Sheila Quinn Simpson • While the subject of Apology seems to be invisible in society, the need for Apology is everywhere. This book is intended to increase awareness...and with awareness there is hope for change...for growth...for renewal.

Wednesday, October 24th at 7 p.m. • *The Search for a Nonviolent Future: A Promise of Peace for Ourselves, Our Families, and Our World* with Michael N. Nagler • Beginning with the achievements of Mahatma Gandhi, and following the legacy of nonviolence through the struggles against Nazism in Europe, racism in America, oppression in China and Latin America, and ethnic conflicts in Africa and Bosnia, Michael Nagler unveils a hidden history. Nonviolence, he proposes, has proven its power against arms and social injustice wherever it has been correctly understood and applied. Nagler's approach is not only historical but also spiritual, drawing on the experience of Gandhi and other activists and teachers.

Thursday, October 25th at 12 p.m. in the Tea Room • Stanley Krippner • Stanley Krippner is an American psychologist and professor of psychology and an executive faculty member of the Saybrook Graduate School and Research Center in San Francisco, where his personal commitment to teaching has been honored by the establishment of an interdisciplinary chair for the study of consciousness. Prior to this, he was director of the Kent State University Child Study Center, Kent OH, and the Maimonides Medical Center Dream Research Laboratory, Brooklyn NY. Dr. Krippner has appeared as a speaker at both the Starwood Festival and the WinterStar Symposium. He has spent the last several decades investigating the field of human consciousness, conducting research in such areas as dreams, hypnosis, shamanism, and disassociation, often from a cross-cultural perspective, with an emphasis on anomalous phenomena that seem to question mainstream paradigms. A leader in the transpersonal psychology movement, he is an author and a contributor to several books on altered states of consciousness, dream states, and parapsychology including Extraordinary Dreams, Varieties of Anomalous Experience: Examining the Scientific Evidence and The Psychological Impact of War on Civilians: An International Perspective. He is the author or co-author of over 900 articles, chapters, and book reviews appearing in scholarly or academic publications.



Thursday, November 8th at 7 p.m. • Brett Bevell, Author of *The Reiki Magic Guide to Self-Atunement* • Brett Bevell is a Reiki Master who teaches regularly at the Omega Institute for Holistic Studies in Rhinebeck, New York, and at the Chapel of the Sacred Mirrors in New York City. He is the author of two other books, America Needs a Woman President and America Needs a Buddhist President.

For more information, contact Rachel Pastiva at Crazy Wisdom...
114 South Main St. Ann Arbor, Michigan 48104 • 734-665-2757 • rachel@crazywisdom.net

What's New in the Community

By Lani Kwon Meilgaard

This ongoing column features new (during the past year) practitioners, new offerings by established practitioners and holistic businesses, as well as upcoming community events within our Ann Arbor/ Ypsilanti and surrounding area Mind-Body-Spirit community.

New Practitioners & New Holistic Businesses:

Artisan Bistro, co-owned by Lesa Lekity and Al Rice, is an organic, all natural restaurant, which opened in April 2007 at 640 Packard Road on the corner of Packard and South State, where Atlanta Bread Company used to be. Specializing in gourmet sandwiches and salads made to order, as well as homemade soups and fresh baked goods that are incredibly tasty yet healthy, Artisan Bistro is a cozy meeting spot within walking distance of the University of Michigan Student Union. The oak wood paneling on the walls gives the place a honey-colored warmth as you enter the double glass doors. The expansive windows allow plenty of natural light to illuminate the room, and the seating is generously spaced, with a few alcoves allowing for more private conversations or business meetings. As Al put it, "Our goal is not only quality food with flair, but for customers to have a great experience."

The Artisan Bistro Group: *(from l to r)* Carlos "Santana" Juarez, Lesa Lekity, Bailey "Moutz" Lekity, Arturo "Chucky" Cabrera, Jennifer Raupp, Antonio "Cookie" Hernandez. Not pictured: Tommy "Bonz" Tyler, Hayley Zulauf, Grace "Gracie" Lindvall and Miranda "Mer Dog" Good.

Yet it is the delicious food, grown without antibiotics or pesticides and not treated with preservatives, that has brought many loyal customers (even though they have been open only a few months) back for more. "I love cooking for people…to offer healthy choices for a healthy lifestyle," said Lesa, who retired from a career in finance at Ford, and whom her former Ford co-worker Al calls the "real brains behind this operation." Lesa creates the menu and also cooks using recipes that have been in her family for years. Tommy, the other chef at the restaurant, previously worked at Applebees, but when his wife told him about the new restaurant, he jumped at an opportunity to be more inventive in the kitchen. An example of their creative collaboration includes vegetarian sandwiches, one of which is Alycia's Mozzarella, with layers of fresh mozzarella, red onion, fresh basil leaves and sun-dried tomato relish. Vegans can order their choice of four vegetables custom-made into a sandwich.

However, Artisan Bistro is not just for vegans and vegetarians. There are several all-natural meat choices worthy of us carnivores out there. As Jennifer, a law student who works at Artisan Bistro, commented, "You can have tasty food and still have it be really healthy. Sometimes it's really difficult to find a place for both vegetarians and those who are not…but you can come here and everyone will be happy." The Bavarian sandwich, for example, is made with layers of ham, smoked turkey breast, hard salami, provolone cheese, honey mustard, organic leaf lettuce and heirloom tomato served on your choice of bread.

Salads range from the traditional Italian tomato, mozzarella and basil to the more exotic Pink Lady, made with organic pink lady apples, celery, red seedless grapes and toasted walnuts marinated in a creamy lemon dressing. There are also seasonal specials and special dishes offered on Fridays. Open for breakfast, lunch and dinner; check their website for fall restaurant hours. Future local art exhibitions and events to be announced. One-hour metered parking is available close to the restaurant on State; four-hour metered parking is further up State within walking distance. Artisan Bistro also provides organic, all-natural catering. Contact (734) 622-0000 or see www.artisanbistroA2.com for more information.

Susan Boyes, MA, ATR-BC, LMHC is a board certified registered art therapist and licensed mental health counselor new to this area and formerly from Santa Fe. She offers Women in Transition groups that meet weekly for a six-week cycle. "This is sacred work, putting people in touch with their inner knowing," Susan wrote via e-mail. "I respect the spiritual nature of psychotherapy. The word 'psychotherapy' comes from the Greek roots for 'soul healing'." She has received additional training in Shamanic practice through the Foundation for Shamanic Studies and has also studied the Jewish traditions surrounding death and dying.

In regard to the specific use of art as therapy in her work, Susan wrote, "Art Therapy allows us to take the memory or feeling of an experience and make it visible to gain some reflective distance from it. As a therapist and healer, I work with others to identify and amplify inherent strengths and to safely process trauma. Art therapy is a special form of therapy that can be useful to clients of all ages and fits a broad range of issues." New clients are being accepted at this time, and home visits can be arranged for your convenience. Contact Susan at (734) 478-2394 or subeth@artistrees.com or see her website at www.artistrees.com.

Cake Nouveau, owned and operated by Chef Courtney Clark, opened two days before Thanksgiving last year at 206 North Fourth Avenue. It is a whimsical shop with hand-painted arabesques adorning purple and green and white striped walls, with two café-style cast-metal tables and matching chairs inside. With the decadent aroma of baking cake, sugar and chocolate, it is the perfect setting for a quick treat: delightful food for the body, mind and spirit. Specializing in creative cake designs, wedding cake catering and flavored cupcakes such as chocolate pink champagne and vanilla beany, Chef Clark keeps her designs fun and unique, saying, "I like anything fun, colorful, childlike, sophisticated without being childish." This is not the place for a typical birthday sheet cake or a white wedding cake with obligatory bride and groom on top. Courtney incorporates elements of her clients' personalities and backgrounds into her one-of-a-kind designs. For example, she has created cakes in the past that looked like U of M Stadium, a tray of sushi and a coral reef with a sea anemone and clownfish, using fondant, an easy-to-shape mixture of powdered sugar and gelatin.

Courtney Clark is a young woman, energetic, knowledgeable and friendly. She had originally attended art school, studying figure drawing, before enrolling in the French Pastry School in Chicago for a year and finding her calling in cake. She apprenticed with Moveable Feast for two years, learning the ins and outs of catering, while also operating her own wedding cake catering business out of her own home. After looking for a suitable location for about a year and a half, Courtney opened her shop on Fourth Avenue. She declared, "It's a lot of work…When I first started, I was working 19 hours a day. It's been a lot of fun, too, especially meeting people. Above all, I'm really excited about people learning what they're able to do with cakes…I think if you really love it then other people will love it, too." Chef Clark is planning to present hands-on classes for adults and children in the future and currently caters primarily throughout Southeast Michigan, though she has also delivered cakes to Chicago and New York. Shop hours are 10 a.m. to 7 p.m. Mondays to Saturdays; Closed Sundays. For more information, call Cake Nouveau at (734) 994-4033 or e-mail Courtney at courtney@cakenouveau.com. Website: www.cakenouveau.com.

Dog Tired Massage is a new business by certified massage therapist Sharon Martinez, M.D., who is finishing her medical residency and who is new to this area. Sharon works from her home studio on the outskirts of Ann Arbor and has had a lifelong interest in alternative medicine and healing modalities, especially for indigent populations. As she told me in an interview, "For me, healthcare is not a privilege, it's a human right." Her father was a migrant worker in California, and her mother is Jewish and was raised in WWII Germany. "I really believe in patient empowerment. It's a collaboration between physician and patient." She herself is an ovarian cancer survivor and is a strong proponent for patient rights.

Her fifteen-year background in massage is in certified therapeutic, Esalen and Shiatsu massage techniques. She has also traveled to Japan, India and Cuba to study other healing methods. When I drove to her home, we talked in her dining room, accompanied by her adult son, Yuki (who was here on vacation from his home in Hawaii) her Labrador retriever, Hannah, who graces her business cards, and her cats, Skitters and Bruiser. Sharon is one of those people with whom you instantly feel comfortable and welcomed. Sincere and kind-hearted, she hopes one day to be working in integrative medicine, as well as mental health. She said in closing, "I want people to come to be touched not just by my hands but by my empathy and compassion." Dr. Sharon Martinez can be reached at (734) 474-1443 or 2smart4U2@sbcglobal.net.

Clarissa Karling has published a new book this fall, entitled Fairy, Sprite and Angel Photographs, now available in stores and online. According to Clarissa's website, "she has a BA in Journalism from the University of Southern California and uses her investigative training to study metaphysical topics and bring them to light for others to understand." When asked what inspired her to write this book, she e-mailed me, "What inspired me was nature itself. There is life and intelligence in all of nature and this intelligence started showing up in my photos. How can anyone look at nature and not see it as part of a Divine Plan? God made nature for us to enjoy and be part of. Nature beings are also part of that plan and are God's special angels on earth." Clarissa Karling can be contacted at clarissa@natureangel.com or (810) 357-8720 or you can check her website, which shows some of the photos in the book, at www.natureangel.com.

Pat Fero and her dog, Max.
Fero is a life coach and psychotherapist, and the author of *Mining for Diamonds: A Collection of Insights from Resilient Survivors of Adversity.*

Living Yoga, LLC is an enterprise begun in January 2007 by Yoga and Lifestyles Coach, Ellen Livingston, MAT, RYT of Ann Arbor. Ellen teaches several weekly yoga classes around town and out of her West-side home studio. She also offers one-on-one yoga coaching, as well as healthy lifestyle consultations, incorporating raw foods. She wrote that her quest for personal health led her to yoga many years ago and, more recently, to a raw food diet. "Committing to a personal yoga practice and incorporating a raw food diet has empowered me to naturally overcome many serious symptoms of dis-ease, including migraine headaches, TMJ, clinical depression, insomnia, debilitating back pain, irritable bowel syndrome (IBS) and severe chronic reflux."

Her professional credentials include a Master's degree in counseling from George Washington University and Registered Yoga Teacher and Raw Nutritional Science certifications from internationally renowned raw food and fitness teachers, Dr. Doug Graham and Professor Rozalind Gruben-Graham. She has also trained in the complementary fields of raw food nutrition, yoga, fitness and sustainable living practices at numerous seminars and events in the U.S., Canada and Costa Rica.

In Ellen's own words, "Living Yoga is my invitation to others to walk (or joyously bound along!) this path of liberating, exhilarating, abundant health with me." She also holds free monthly raw food potlucks and also offers free talks on those subjects. Ellen Livingston will be hosting author and disease avoidance specialist, Don Bennett, DAS for an all-day workshop in Ann Arbor on September 16th; call Ellen to register and see www.health101.org/workshop.htm for details. For more information on Ellen's work go to www.LivingYogaNow.com or call her at (734) 995-0875.

Lomi Lomi Hawaiian Massage and Temple Work now offered in Michigan! Crescent Moon Massage, by new-to-this-area massage therapist Stefani Grieb, and Body Harmony, by long-time Michigan practitioner Linda Benedict, have teamed up since April 2007 to offer Pele Bodywork together for those seeking integrated, transformational healing. When asked in an interview done at the Crazy Wisdom Tea Room, "What makes Lomi Lomi special to you and different from other healing modalities?" Stefani replied, "What stands out to me personally is the spiritual connection…the fact that the person on the table is able to fully connect through the breathwork and the flow of strokes." In alignment with this centuries-old Hawaiian healing practice, the space where the massage takes place is kept warm, 85 degrees or more, and warm grapeseed or sesame oil are used. Music is selected that is appropriate to each person's healing, often including drumming and a global focus. The experience begins with a conversation between the practitioner(s) and the person seeking healing, an intention is set, and a prayer with a moment of grounding meditation are also important parts of this process. The massage itself consists of a series of flowing movements, unrestricted by clothing, though light draped sheets may be used, if requested. The massage can be emotional, as suppressed feelings may be released. It's not always peaceful, but it is a transformational and integrated experience for those who are ready to heal, as Linda explained. "The massage table becomes an altar in which we bring the soul to God. It's a way of integrating the body-awareness to the other two layers of our souls, our spirits and our mental selves."

Linda has been practicing for over thirty-two years as a Traeger, Swedish, therapeutic and Lomi Lomi massage therapist, healer and Reiki master in California and Michigan. Stefani was introduced to Lomi Lomi about four years ago in California and has grown in her practice, continuing her training recently in Napa Valley with Tamara Mondragon. They balance each other in terms of their energies; Linda is vivacious and dynamic, while Stefani is more laid-back and peaceful. They offer Lomi Lomi Hawaiian healing massage individually or together at either of their home studios, or they will travel to your location by request. Contact Stefani at (734) 971-9724 and/or Linda at (734) 355-5383 or lab_713@yahoo.com or see their new website by googling Pele Bodywork.

Richard Maurer, B.W.T., opened a new practice this year called AcuPressure Touch Therapy in Ypsilanti. Richard graduated in May 2006 from Irene's Myomassology Institute. Acupressure is similar to acupuncture, except that needles are not used. According to Richard, "Instead, gentle fingertip pressure is used to stimulate the acupressure points on the body." "Eastern medical philosophy teaches that the human body has a subtle energy flowing, called 'chi,' and that disease occurs when the flow of chi energy is blocked. Acupressure therapy restores the healthy flow of chi, thus restoring the person to good health." Treatment is done while the client is fully clothed. Acupressure along with professional advice on exercises and lifestyles changes can help clients to relax deeply and heal. Contact Richard at (734) 484-5123 or RichardMaurer@provide.net

New Offerings by Established Practitioners & Holistic Businesses:

The Connecting Bridge, LLC, a natural therapies consulting business owned and operated by Anne Duffy, received certification in March 2007 in Spiritual Response Therapy (SRT) through the Spiritual Response Association in Lacey, Washington, www.spiritualresponse.com. SRT is soul reprogramming and recreation. Using a pendulum, the client's Akashic records can be accessed, cleared of discordant energy, and updated to create new positive programs for health, prosperity or many other issues of concern.

In addition, the Connecting Bridge offers health education, muscle testing for nutritional/herbal assessments and healthy lifestyle alternatives, such as healthy coffee. Private consultations and public lectures are available. In September, "How to Use a Pendulum (Beginner Level)" on Thursday, September 6th from 7:15 to 9:30 p.m. at the Lighthouse Center in Whitmore Lake, www.thelighthousecenter.org, $30 non-members, $25 members; and "Nutritional Support in the Fight Against Cancer" on Friday, September 14th from 7 to 9 p.m. at the Sanctuary in Livonia, www.SanctuaryChiropractic.com, $10. Mention Crazy Wisdom and get your first private consultation for $60. Contact Anne Duffy at the Connecting Bridge, LLC (734) 765-5830, theconnectingbridge@yahoo.com or see her website at www.theconnectingbridge.com.

Deepening Connections: Nurturing an Open-Hearted Adoption with Lisa Gayle, RCST, LPN, MAT, helps parents adopting children to learn some of the skills necessary for nurturing a strong, healthy bond. In an interview at a local café, Lisa explained that her new and improved 4-session workshop is designed "for adoptive parents in any stage of the adoption or post-adoption process" and draws upon "information from a wide range of fields that explore human health and consciousness, including craniosacral therapy, prenatal and perinatal psychology, trauma healing, meditation, physics and the writings of adults adopted as infants." She has studied with pioneers in the field of prenatal and perinatal psychology, including William Emerson, Ray Castellino and Myrna Martin. She also has professional training as a biodynamic craniosacral therapy practitioner, a nurse, a journalist and as a former high school science teacher.

Even though we often think of adoption as a joyful choice and experience, there is also sometimes trauma and loss associated with it, especially for the child. An adoptive mother herself to a son who is now seventeen, Lisa said that she designs the workshops to fit the needs of the participants. While there is a basic outline, she will modify the classes to deal with issues relevant to participants, depending upon the areas of interest that arise. "It's really a journey for the parent as well as the child. The parent has to be willing to grow, to be compassionate with themselves as they work with their own internal barriers in this most intimate relationship. As someone learns to parent their child with a sense of presence, understanding and trust, in a sense, they learn to be a better parent to themselves as well."

In the first part of the workshop, Lisa teaches adoptive parents skills for how to be present and connect to themselves first, in order to be calm and better at connecting with their children. The second session deals with what children need and how past trauma can show up in different ways. The third part focuses on affirming the adoption experience, and the fourth class concludes with practical suggestions to increase attachment and development. She recommends that both parents attend and, if the participant is a single parent, that the parent bring along a trusted support person. This workshop will be offered Tuesday evenings: 10/16, 10/23, 10/30 and 11/6, exact time and location yet to be determined. Each session is two hours long, and the cost for all four sessions is $95 per couple. Lisa can be contacted at (734) 994-6172 or lisasgayle@comcast.net.

Pat Fero, MSW, LMSW, life coach, psychotherapist and author of Mining for Diamonds: A Collection of Insights from Resilient Survivors of Adversity, has been presenting workshops related to this work this past year and has a new book coming out this fall, What Happens When Women Wake Up. When I met Pat Fero for the first time in town at her favorite coffee shop, I was impressed by her presence. Dressed in jewel tones with

What's New in the Community

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Kaira Sherman offers Tarot readings and classes, as well as a new Goddess Magick class.

shoulder-length blond hair and clear blue eyes, she was confident yet peaceful. "I intended Mining for Diamonds to be a handbook for those in the midst of their healing process and to provide hope and inspiration for continuing on their journeys." Her own inspiration comes from having overcome personal and professional adversity, from the support of loving friends and family and from teachers and mentors who include Spiritual Director Jonathan Ellis, PR/Marketing entrepreneur Ann Jones and Minister Marianne Williamson, the latter of whom provided an endorsement blurb for Pat's first book: "Patricia Fero has helped many people overcome adversity. This book will help many more."

When I asked how her second book differs from the first book, she said, "What I envision is really creating a handbook so women can see not only the end result of awakening, of course, but that there really is a process of awakening." She interviewed several women who chose to follow their Higher callings, after having gone through life-altering challenges in their lives. So what happens when women wake up? According to Pat, "They stand up and form a matrix of love and light that heals the planet." For more information about her books, her workshops, her specialty in resiliency coaching for those thinking about retirement and/or counseling, contact Pat at (734) 973-0817 or pat_fero@yahoo.com or see www.patriciafero.com.

Great Lakes Sacred Essences is a local community-based project and holistic business providing flower essences and now offering new natural healing classes by spiritual healer Merri Walters and her husband Robin Grosshuesch. Over the past three years they have been guided in bringing into being over 200 unique individual flower essences to support the human experience physically, emotionally and spiritually. According to their e-mail, "These flower essences embody the energetic life-force essence of flower, gem, special place, body of water or celestial event witnessed here in Ann Arbor and on family travels to the Great Lakes or other sacred places throughout the United States." Merri recently expanded her services to teaching monthly classes on natural healing honoring the seasons. Great Lakes Sacred Essences has also created combination essences, which blend selected flower essences and organic, wild-crafted essential oils in spray or tincture forms, and which include such combinations as: Open Heart™ (for healing the heart), Miracles™ (to support us in opening up to possibilities) and Sacred Circle™ (to support the building of healthy community), among others. Call Wendy (810) 772-1990 for details about classes and essences. (Merri Walters was the subject of The Crazy Wisdom Interview, in the May thru August 2004 issue of The Crazy Wisdom Community Journal. Back issues of the publication are available through Crazy Wisdom Bookstore --- the cost is $8 for back issues.)

Indigo Forest is a family-focused store and studio (located at 4121 Jackson Road, Ann Arbor, between Wagner and Zeeb, next door to Tree City Diapers) that opened in March 2007 and is co-owned by Beth Barbeau, certified midwife and educator, and Nicole Paquin, certified naturopath. Indigo Forest "aspires to support parents in their journey in growing healthy families, encompassing physical and social health, fun and play, and [to provide] products to enhance our efforts."

Beth Barbeau specializes in providing supplemental prenatal and postnatal care for women birthing in many settings. Such individualized care may include topics such as early pregnancy questions and concerns, nutrition for a healthy pregnancy and birth and support in processing challenging births, among other topics. Beth has over twenty years of experience in perinatal education and is also available for private instruction in a range of topics, including childbirth education, refresher courses and breastfeeding. A mother herself, she believes every woman deserves to be respectfully attended in pregnancy with time for her questions and with trust in her and in the healthy normalcy of the birth process.

Nicole Paquin is both a graduate and faculty member of the Naturopathic Institute of Therapies and Education of Mount Pleasant, Michigan. Nicole's experience covers many facets of life-long health care. Naturopathic consultations may include the use of herbs, vitamins, minerals, homeopathy, flower remedies, essential oils, dietary evaluation including "Eat Right for Your Blood Type," and massage therapies, such as relaxation, lymphatic and Raindrop Therapy. As a mother of two young boys, Nicole especially enjoys working with children and meeting the unique needs of both parent and child.

The Indigo Forest store offers a range of all natural and organic items for infants, children and families, while the studio welcomes adults for a wide range of related classes, support groups and health consultations. Both Beth and Nicole also have offices located within the new facility. Store hours Wednesdays and Saturdays 10 a.m. to 6 p.m. and consultations by appointment. See http://www.theindigoforest.com for more information or call (734) 994-8010.

Kaira Sherman of Divine Guidance offers tarot card readings and classes, as well as a new Goddess Magick class that she started in January 2007. She also connects people interested in mediumship and Messages of Truth with their spirit guides, angels and God/dess. Her teachers and mentors include Mary Greer, Sherry Goldstein, Arjuna Arpaugh and Adya Shanti (www.adyashanti.org), well known on the West Coast. Kaira's introductory tarot class, $35, covers the basics of tarot, including the types of cards, what they stand for and how they can be used, as well as presenting a fun, insightful way to combine numerology and tarot. She teaches a more in-depth four-week tarot class for $35/per session or $140, in which participants can learn different spreads and methods to use with tarot. In the Goddess Magick class, $35, participants discuss natural cycles sacred to the Divine Feminine and reconnect to the land and Source.

One of Kaira's many talents is identifying what keeps us stuck and prevents each of us from moving forward with our Divine missions. Kaira says, "I enjoy doing readings most, helping people to see through the old, core patterns that keep them stuck and helping them to reconnect with the One, or what have you, the Goddess, the Source. It's a Higher vibrational reading." She said, "It also fills my heart with joy to help reconnect loved ones with my clients." Kaira Sherman has a striking presence with a way of seeing through to the truth of things. When I met her for an interview at the Crazy Wisdom Tearoom, I was surprised by how young and, at the same time, old, she seemed. She wore a flowing, natural cotton dress and amber-colored shawl, and at her third eye on her forehead, there was a bindi. She is certainly wise beyond her earthly years. In closing she told me, "The fast track to enlightenment is self-forgiveness and self-love. There is no separateness, and it is never too late." Contact Kaira Sherman at (734) 449-9182 or guidance@sbcglobal.net. Check out her website at www.divineguidance4u.com.

Craig Parian, of Evolving Shiatsu and Shiatsu instructor at the Ann Arbor Institute of Massage Therapy, and Jennifer Giacomelli, LMT/CMT of Tree of Life Cultural Arts Studio, have integrated two forms of Oriental bodywork into the unique form of Shia-Thai. The two practitioners began Shia-Thai by trading bodywork with each other, and they soon realized the potential for a synthesis of the two. They started collaborating at the end of 2006 and offered their first workshop together at the Tree of Life in February 2007. Shia-Thai incorporates Thai stretching, elongating and relaxing the muscles, bringing flexibility to the joints and opening the body's energy field, with the intentional use of pressure points along Shiatsu meridian lines, stimulating the immune system and moving the life force. Craig wrote, "My personal practice is always evolving. While working with Jen, I realized that her skills with the interactive stretching style of Thai softened and opened the body's energy field. This allowed greater access to the meridians." According to Jennifer, "What intrigued me the most, when Craig and I began trading bodywork, were the similarities of working with the Zen lines in Thai Massage and the meridian lines in Shiatsu. The techniques used to access these energy lines differ from one modality to the next in the way that the Thai approach follows a routine and Shiatsu allows the practitioner to customize the treatment to each individual's needs. Combining the interactive stretches in Thai massage with the intuitive approach in Shiatsu expands the benefits of both of these treatments." Contact Craig at Evolving Shiatsu at (734) 424-1192 or cjparian@charter.net or Jennifer at Tree of Life at (734) 433-0697 for more information.

Felix Paulick, MBA, and Cia Gabriel, Ph.D., founded the Growing Together Life Learning Center a little over a year ago part-time, and now offer full-time life coaching and childbirth and parenting education. They specialize in helping couples and families who have young children or are preparing to have children to create better relationships. As Cia Gabriel writes, "I have found that many of the couples I work with are prepared for their birth, but they are not prepared to be parents together… Couples who manage this transition well are usually the ones who have consciously committed to stay connected."

Cia is a parenting and creativity coach. She is currently writing a book about natural birth and has a Ph.D. in medical anthropology from the University of California. She is the Vice President of the Board of Directors of the Center for the Childbearing Year. She has attended over eighty-five births as a doula or midwifery apprentice. Her favorite moments are when she taps into greater strength than she is aware of possessing. She has found pregnancy, childbirth, art and creative writing to be powerful mediums for women to get in touch with their dreams and wisdom.

Felix is a life, relationship and career coach. He is dedicated to helping people find passion, joy and purpose in their lives. He specializes in helping men who are unsatisfied with their careers and their relationships with their partners and children. He has an MBA from the University of Michigan and has completed a two-year training program in Gestalt Theory and Methodology at the Gestalt Institute of Toronto.

They offer individuals, couples, and group coaching sessions. Fall 2007 groups include a Men's Group on Sundays 4:30 to 6:30 p.m., Women's Group on Fridays from 8 to 10 p.m. and "Time-Out" for Parents Group on Mondays 9:30 to 11:30 a.m. Father Arts, Mother Arts and Pregnancy Writing Groups, as well as a Vision Retreat for Parents-to-Be will also take place, dates and times to be determined. For more information, contact Felix Paulick and Cia Gabriel at (734) 622-8335 or felix@togrow.org or motherearthbirth@yahoo.com or see their website at www.togrow.org.

Calesta Ana Harrison of Earth Mother Yoga published a new book in May 2007, Earth Mother Yoga: Reclaiming the Feminine Divinity through Body, Mind and Spirit. According to her e-mail, "This book gives you practices to follow daily and monthly, including a Goddess Yoga practice (appropriate for beginners and intermediate level), rituals, meditations and stories of inspiration." It is available to buy online or to preview at www.earthmotheryoga.com and is also in bookstores.

Calesta's professional background in yoga includes a 200-hour national certification from Atma Yoga teacher training with instructors Christopher Baxter and Julie Lusk. She has also attended specialized yoga training for women, covering prenatal, P.M.S. and menopause, as well as Radiant Child's level one and two certifications for children. Calesta has studied in several other yogic traditions, including Iyengar, Kripalu, Kundalini, Prenatal, Integral. She also has a background in healing arts, counseling and spiritual mentoring. Calesta describes herself as "a devoted wife and mother to two young children, a community activist and spiritual seeker." She offers women's yoga classes and workshops at 212 Art Center in Saline, including for this fall, a creative living course based on the "The Artist's Way" and a monthly healing circle called "the Healing Arts," a multidisciplinary approach to heal and unite body-mind-spirit, using creative projects, yoga and relaxation. For more information call (734) 786-3711 or see her website at www.earthmotheryoga.com.

Penni Helsene is a practicing Reiki Master and Ordained Minister in Brighton who has recently been certified as a Certified Laughter Leader through the World Laughter Tour Inc. www.worldlaughtertour.com. According to Penni, "Training in laughter therapy provides adaptable, delightful mind-body activity, health, happiness, harmony and healing, [as well as a] pathway to peace. Sessions provide light physical exercise and a powerful mental health program, lifts spirits, chases loneliness, and reduces stress." Upcoming classes this fall will take place at the Lighthouse Spiritual Center in Whitmore Lake: Saturday, September 15th, Saturday, October 6th and/or Saturday, October 13th all beginning at 11 a.m. In the Huron Valley School Community Education program, there will b a 3-week session that begins Tuesday, September 18th at 7 p.m.; call (248) 676-8390 to register. E-mail at pdhelsene@aol.com or call (810) 227-2907 or check Penni's website at www.freewillhealing.com for more information.

Mosaic Sphere Studio, LLC, owned by Yulia Hanansen, opened at its new location on 4th and Huron at 100 North 4th Avenue (diagonally across from the Performance Network) in May 2006. Within this charming three-story building there are windows from floor to ceiling, which provide ample light and cathedral ceilings that open up the main studio and classroom space. Mosaic artworks of students and teachers adorn the walls and shop within, and many unique pieces are for sale, including tables, mirrors and other objets d'art. In an interview done at Mosaic Sphere, when asked what was the most rewarding part of owning and operating a mosaic studio, Yulia replied, "The conversations that the work generates and the viewers' responses."

Mosaic Sphere offers workshops, classes, studio space rentals and a gallery, as well as mosaic supplies, custom-made products, architectural installations and fine art mosaic designs on commission. Yulia started her professional training in printmaking but was drawn to mosaics, following her parents, who have been making mosaics for over thirty years. Weekly classes and seasonal workshops are offered at every level of experience, beginner to advanced, to students aged ten to adult. Mosaic parties, as well as private lessons and consultations, are also available. Yulia said, "I want to make my work available to all people of different backgrounds." Open Tuesdays through Saturday at varying hours. Call Yulia at (734) 769-8478, stop by the studio or e-mail at classes@mosaicsphere.com for details. There is also an online gallery and further information at her website: www.mosaicsphere.com.

Felix Paulick and Cia Gabriel specialize in life coaching and in childbirth and parenting education.

ShuNahSii Rose, a full-time practitioner in this area for over seventeen years, has her 4th new Diana Circle forming now for girls aged 10 to 11 years of age. According to the Dictionary of Classical Mythology by J.E. Zimmermen, Diana, also known as Artemis, was the twin sister of the sun god, Apollo, and she was the Greco-Roman goddess of the moon, as well as the goddess of childbirth and hunting. She was also the patroness of unmarried girls.

In the case of this Diana Circle ShuNahSii presents the girls with an opportunity for a close-knit group of a dozen of their peers who meet weekly to face life together with strength, grace and friendship. They focus on different creative projects and activities of interest to each of the girls (such as exploring their ancestry, written and performance work, female archetypes, prayer, divination and indigenous healing) and the content of each circle differs depending upon the participants' interests and goals. Each girl chooses her own spiritual intention, in which the group supports her, for a full year. In an interview done at Crazy Wisdom Community Room, ShuNahSii said, "I want to help them stay true to themselves; that's the bottom line."

ShuNahSii's background and training is from the perspective of what she describes as the "Mother face of God," integrating her Oklahoma grandmother's Polish Catholicism with Native American cultural influences. She studied feminist spirituality and indigenous healing, among other topics, at Chrysalis Learning Community in Chicago and is mother to two grown daughters who were past Diana Circle participants and who still meet with their groups even now as young women. Investment is $65-$85 sliding scale per month, with work-study available, meeting weekly for two hours. At the time of publication, there are only six spaces remaining. Contact thedianaproject@comcast.net or (734) 761-9148.

(A full-length interview with a group of girls who were members of an earlier Diana Circle, and with ShuNahSii Rose, appeared in the May thru August 1999 issue of The Crazy Wisdom Community Journal. Back issues of the Community Journal are available through Crazy Wisdom Bookstore – the cost is $8 for back issues.)

Paul D. Thielking, M.D., is now offering Towards Wholeness Process Group and an Introduction to the Big Mind/Big Heart Workshop.
Towards Wholeness Process Group is "intended to facilitate the process of personal growth and transformation." Through group processing and exercises, participants will work to discover and align themselves with their natural Wholeness. This group starts September 6th and will be ongoing every other Thursday from 5 to 6:30 p.m. $40/session. It will be open to new members until November 1st and is limited to 8 members.

According to Dr. Thielking, Big Mind/Big Heart is "an innovative approach that integrates the wisdom of Zen with insights from Western Psychotherapy." The Big Mind/Big Heart process was discovered and developed by Zen master Dennis Genpo Merzel Roshi. Dr. Thielking has been studying the process since 1999 and will be certified as a Big Mind/Big Heart facilitator this September. He writes, "This deeply healing process is accessible to anyone interested in awakening to a more conscious, fulfilled life. No experience or knowledge of Zen, meditation or psychotherapy is required." 25 people maximum. Cost: $50 for introduction on September 29th or December 15th from 1 to 5 p.m. Location: TBA in Ann Arbor. Call (734) 904-4518 for more information.

New & Upcoming Community Events:

October 25th to 28th in Dearborn, Michigan: 2nd Annual International Conference on "Engaging the Other: The Power of Compassion." Sponsored by Common Bond Institute and co-sponsored by HARMONY Institute, the International Psychology Association and the National Resource Center for the Healing of Racism, this conference is "an international, multi-cultural, multi-disciplinary conference examining concepts of 'The Other' from a universal, cross-cultural perspective to promote wider dialogue about concepts of 'Us and Them'." This four-day conference and/or a special all-day institute on October 25th will be open to professionals and to the general public.

According to the Conference Coordinator and Director of Common Bond Institute, Steve Olweean, the conference will include "an extraordinary pool of over fifty-five leading presenters to address the root of negative stereotypes and prejudice, and how to move past artificial barriers of misunderstanding and distrust to cultivate our capacity for appreciation of diversity, reconciliation and peace." Continuing Education Units (CEU) available. Early discount registration through 9/4/07; regular registration through 10/10/07. Additional discount off conference program fee of $25 each for groups of three or more registering together from the same organization or family. For more information contact Steve Olweean at (269) 665-9393 or SOlweean@aol.com or check out the website at www.cbiworld.org for full details on the program, registration, general and full-time student fees, hotel reservations and exhibits.

September 21st to 23rd at the Crazy Wisdom Community Room:
Gestalt Experience Workshop, facilitated by Ann Arbor psychologist Jim Etzkorn, Ph.D., and Kathy Clegg, M.D., faculty of the Gestalt Institute of Cleveland (GIC). The GIC is the world's largest institute for the study, development and application of Gestalt theory and was established in 1954 by some of the earliest students of Fritz and Laura Perls. Gestalt psychotherapy is a humanistic therapy focused on heightening awareness of the present moment, active experimentation with new behaviors and sharpening awareness of thoughts, emotions and body sensations. This workshop will offer mental health professionals, teachers, body workers and interested individuals an interactive and experiential path toward personal growth and understanding of mind-body connections.

Through active engagement with the Gestalt process in a supportive learning environment, participants are encouraged both to engage in their own personal growth and to be part of the personal growth of others. Participants will

What's New in the Community *(continued)*

learn fundamental Gestalt concepts such as the six basic interpersonal contact styles, the paradoxical theory of change, figure/ground theory, phenomenology and the Cycle of Experience, a model for understanding human growth. This workshop satisfies the introductory Gestalt workshop prerequisite for all training program applicants. References will be requested of all participants. Continuing education hours available. Cost: $295. Dates/Times: Friday 9/21, 1 to 7:30 p.m., Saturday 9/22, 10:30 a.m. to 6:30 p.m. and Sunday 9/23, 11 a.m. to 4 p.m. Location: Crazy Wisdom Bookstore. For information or to register online see www.gestaltcleveland.org or call Jim Etzkorn at (734) 913-9761.

Irena Nagler and Christina Guldi of Nightfire Dance Theater performing outdoors at Matthaei Botanical Gardens

Nightfire Dance Theater's modern dance workshops and performances are improvisational, imaginative and open to the public! September 23rd from 3:30 to 5:30 p.m. at County Farm Park: Dreaming a Place Dance Workshop; October 13th (or October 14th if rainy): Dance Performance; and November 18th: Dancing In Masks Workshop; locations and times to be determined. Performing at venues large and small, indoors and outdoors for over ten years now, Nightfire Dance Theater, founded in 1997 by Irena Nagler, continues to create new and exciting workshops, such as "Dreaming a Place" and "Dancing in Masks," as well as to offer "punctuated improvisational" performances of their past collaborations, including "Shapeshifting," "Children of the Fire" and "Dance Dialogue." The dance troupe is currently made up of five adults and five children who are frequent performers and two or three more who join in from time to time. Anyone interested in dancing and who is committed to egalitarian, creative collaboration is invited to participate, regardless of past dance experience.

Nightfire is best described as an eclectic blend of "modern dance, Middle Eastern, African and Asian forms, with elements of ballet and jazz dance accompanied by music and the spoken word." Poetry by Ann Arbor and Detroit poets and members of the troupe is often an inspiration. In an interview at the Crazy Wisdom Tearoom, Irena told me, "Nightfire is based on the concept of a prehistoric night fire in all of our common ancestry." Nightfire also offers dance jams, parties and performances at galleries, museums, street fairs and receptions by invitation. Costs vary according to event or workshop. Contact Irena at birena@umich.edu or (734) 996-1772 or see her website at www.twofeather.com/nightfire for more information.

Coming up on October 14th from 11:30 a.m. to 5 p.m. at Washtenaw Community College: Natural Healers and Green Living Expo, featuring a diverse group of practitioners, therapists, teachers and healers from throughout Michigan. According to expo organizer Mary Light, this event "promises to inform, uplift and support practitioners and our community in health and healing." Contact the non-profit Gaia Center for more information at (734) 769-7794 or gaiacenter@sbcglobal.net or see www.naturalhealersmichigan-expo.com.

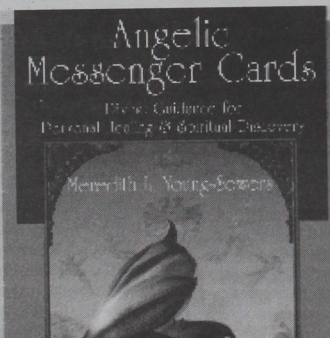
If you would like to submit information to be considered for this column, please e-mail communitynews@crazywisdom.net or drop off or mail to the store: Attn: Lani Meilgaard, What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (January to April 2008) is November 1st, 2007.

Please be aware that the "What's New" column is part of the editorial part of the paper, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues which may come up, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New" column in a given issue. We are truly fortunate to have so many wonderful practitioners, events and holistic community classes and workshops available in the area and thank you for your continued interest and support!

What's New at Crazy Wisdom

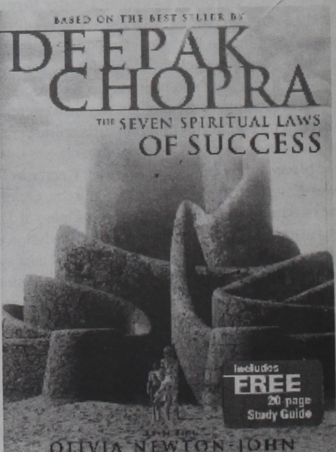
by Sarah Newland

Angelic Messenger Cards: Book and Divination Deck by Meredith Young-Sowers offers tools and support to tap into the wisdom of the Divine. The symbolism and beauty of flowers - the angelic messengers - show you how to find inner strength when times feel unrelentingly fierce or uncertain. The book contains details about using the 46 cards, as well as a description of each card's message. Meredith Young-Sowers is the cofounder of the Stillpoint Foundation, a spiritual community and school in New Hampshire. $24.95 by New World Library.



Affirmations Blessed Herbal Candles by Coventry Creations are a lovely new line by the makers of our bestselling Blessing candles. Affirmations, when fully embraced, can fill your body, mind, and spirit with their life changing powers. The strength of an affirmation comes from the inner commitment you make to its success. Combining your affirmation with a candle specially designed with essential oils for the same purpose further enhances your personal magic, deepening its effect.Coventry's candles are beautifully burning and full of pure aromatherapy oils, so always use an appropriate bowl or holder. They come in Angels, Dream Power, Goddess, Guardian Protector, and Intuition. $6 each.

Bri's Sweetgrass Braids are grown, harvested, and crafted locally. Many native tribes use sweetgrass in prayer, smudging, and purifying ceremonies and consider it a sacred plant. The sweet scent of this natural grass is attractive and pleasing to people and good spirits alike. Sweetgrass is often burned at the beginning of a prayer or ceremony to attract positive energies and is also used after burning white sage to clear energy. $9 each.



Seven Laws of Spiritual Success dvd, based on the book by Deepak Chopra offers life-altering perspectives on the attainment of success. Beloved singer Olivia Newton-John and acclaimed director-actor Bill Duke share powerful personal stories about challenges they've faced, which have nonetheless placed them firmly on the path towards experiencing life's fullest potential. Their compelling narratives intertwine with Deepak Chopra's essential teachings, distilled into seven simple, profound principles that anyone can employ to create success and abundance in all areas of life. $19.98.

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Healing Your Whole Life

A Story of Healing ~

Barbara Brodsky, Author and Meditation Teacher, shares her story of her quest for healing with the Brazilian shaman known as "John of God"

By Barbara Brodsky

What follows is a story of personal healing written by Ann Arbor meditation teacher and author, Barbara Brodsky. Brodsky became totally deaf in 1972, and living with silence has deeply influenced her life and teaching. In this article, Brodsky writes about her healing journeys to a Brazilian shaman.

Brodsky is the guiding teacher of Deep Spring Center and she's an ordained Interfaith Minister. She's been practicing meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. Her book, published in 2003, is entitled Presence, Kindness and Freedom.

> My first thought was of the wish to hear the beauty of a child's laughter, the sweet music of a stream flowing over rocks, the sigh of the breeze in the trees, music; to see the beauty of the rainbow, the smile, the dew drop. But immediately I knew that wasn't enough.

The Casa de Dom Inácio is a healing center in central Brazil, headed by a man named João Teixeira de Faria, often called John of God. Medium João, as he is also called, serves as a channel for many healing entities that work through him to do what often seems to be miraculous healing. Approximately 31 different entities incorporate into his body, one at a time, to do the healing work. João was born in Brazil, just over 100 miles from the Casa. He has been doing this work for almost 50 years. It is through his dedication and vision that the Casa has come into existence. At the Casa, literally the lame often begin to walk, the blind to see, the deaf to hear. Those with diseases like cancer, MS and AIDS often find healing, as do those suffering from depression and mental disorders. Others, coming free of major disease, simply find clarity to their spiritual paths. While the healing seems miraculous, João remains humble. He says, "I do not heal; God heals."

I made my first trip to the Casa in January of 2004 with the hope they could heal my deafness. I lost my hearing in 1972, just after my first child was born. In childbirth, the nerves were oxygen starved and died, leaving me deaf and without balance. Doctors in the U.S. said there was no cure.

For decades I lived with the situation, learning to lip read and relying on a walking stick for balance. At first I sought many "cures" but soon let go of the grasping for a cure and learned to live with this body as it is. For more about this phase of my experience, see Being Bodies, edited by Lenore Friedman and Susan Moon, Shambhala, 1997, pp.35-42.

In 2003 someone "accidentally" sent me material about the Casa, a mailing list onto which my name had crept. I googled "John of God" and was riveted by the energy from his photographs, which felt so familiar. Immediately, I knew it was important to go. I had no idea how to do that. I looked up Abadiania and could not find any reference to it in maps of Brazil. How do you book a trip to a place that's not on a map? And my husband was concerned about my heading off alone to Brazil. My son decided to accompany me, and I looked on the web sites and chose a guide with whom I felt a strong resonance.

After I was committed, many changes began to happen. I understand now that once I had made a decision to go, the entities began to work with me. The first step was to look at the possibility of hearing. It seems wonderful but I had to be honest with myself. Deafness was also an escape from some unpleasantness. If someone was angry, I could avert my gaze. When the world news was unpleasant, I could stop reading the captions. If my children were noisy, I just looked away. After 3 decades of deafness, I was used to living in some degree of seclusion. And I saw the deafness in many ways as a gift, one that had led me to my life's work as a dharma teacher. What would it mean to hear? What would I lose?

The year before the first visit was intense, as I looked at the intention to hear and what hearing meant in a deeper way. By the time my flight took off, I felt ready. On that first trip, the entities told me they probably could help me. It would take time. I would need to return. That was fine.

Meditation Teacher and Author, Barbara Brodsky

Photo by Linda Lawson

Three months after that first visit I was in a terrible accident, tossed with my small surfboard against the ocean floor by a large wave. I was drowning, unconscious, with full-blown near death experience, in that tunnel, with brilliant light at the end. Loving energy was with me. Some level of awareness watched from above as the body slipped from terrible pain into unconsciousness. There was a moment of choice, to go further into the light or remain in the body. It wasn't fear that drew me back, but love, and understanding that my work here wasn't finished. When I made that decision, I felt spirit's voice directing me, "swim toward the physical light." I regained enough consciousness to reach the surface and cry for help. As hands grasped me, consciousness ceased again and I was pulled unconscious through the surf and onto the beach.

Many bones were broken including facial bones, and my vision was severely diminished. A blood vessel was ruptured in the retina. Now I wasn't only deaf, but blind in one eye, with poor vision in the other, and in severe pain. Yet in those moments in the ocean I had made a decision for life. And the body would heal; neck and back were not broken, which I knew was a gift from the entities. I had felt them with me, in that moment of impact. That year I focused on healing the broken bones, and exploring what it meant to choose life and fully embrace it. I could feel the entities energy and support in my meditation.

My next trip to Brazil was in February of 2005. Again I asked for healing of the deafness and also of the vision. I went there with 20/200 vision in one eye, 20/100 vision in the other. I returned home a month later with the better eye 20/20, the other 20/50, and immense gratitude for the world that was returned to me. Choosing life! That healing led me back to the question, what does it mean to heal? It's not only the body that heals, but the healing is about karma, and my entire relationship with the world. To hear and see fully is to be completely intimate with the world.

João Teixeira de Faria (often called "John of God") and Barbara Brodsky

Yet we all protect ourselves, armor ourselves in some ways. I find as a meditation teacher that for many people, separation is the greatest pain. We separate from the world, from those around us, and from ourselves.

The year of 2005 brought its own challenges, as laser surgery in the U.S. again diminished the vision. When I returned to the Casa in January of 2006, one eye was totally blind, and now, 2 years after my first trip, there was still no change at all in the hearing. In 2005, the entity had asked me to buy a complete octave of tuning forks and sound them near each ear daily, to "hear" the sound waves and

Then why do I want to hear and see? Here my heart finally opened deeply to the immense sadness of what has been lost, the sense of limitation I'd developed from my lost hearing and limited vision.

chant the tones. I was an expert at this now, able to recognize the vibrations and sing on tune. But I still couldn't hear normal speech, or even thunder or a firecracker. As the trip approached, there were doubts. Am I deluding myself? Should I give up?

Early in the 2006 visit, one of the entities asked me with such compassionate eyes and expression, "Why do you wish to see and hear?" It brought me full circle to that early reflection about allowing full intimacy with the world. I knew it wasn't asked as a challenge so much as a suggestion that I develop more inner clarity. My first thought was of the wish to hear the beauty of a child's laughter, the sweet music of a stream flowing over rocks, the sigh of the breeze in the trees, music; to see the beauty of the rainbow, the smile, the dew drop. But immediately I knew that wasn't enough. Along with all those sounds and sights are the harsh and difficult ones; the terrible screams of beings in agony, the roar of a tidal wave or erupting volcano, the cries of grief, the violence of a bomb dropped, limbs torn off and flying through the air.

At first I said, "I'm willing to see and hear it all," then realized an amendment was needed. I want to see and hear it all. Only through intimacy with what some call the 10,000 joys and sorrows does the heart truly open. It's only here that we begin to know true compassion. Can I then say that I want to hear and see to better know compassion? I spent several days with that question. The end isn't compassion, but unconditional love. It's only love that allows us to be fully present to others, and ourselves, only love that can bring forth change. Compassion is the path. And intimacy and presence are the companions to compassion.

Is there a voyeuristic component, to hear and see so as to experience? I acknowledge that's part of it, a little greed, wanting to gain something, to be filled. But that part isn't willing to be intimate with the pain, only to survey it from outside. The motivation must go deeper, into that place that aspires to know unconditional love and to serve from that place of love.

The entity's question drew me to see the destination more clearly, the aspiration to service, to love, and the intention to open ever more fully to everything. Then I had to ask myself, do I need physical vision and hearing to reach this goal? No. Then why do I want to hear and see? Here my heart finally opened deeply to the immense sadness of what has been lost, the sense of limitation I'd developed from my lost hearing and limited vision.

There is equanimity now, at some level. But I also saw how I had withdrawn through the years, with a subtle "sour grapes." There was failure to trust the true possibilities of connection, to trust the capacity of the heart to love and to hold pain with love. Deafness was just the scapegoat. Then what needs to be healed? Not the eyes. Not the ears. The separation. I open to the 'ever-healed,' to that which knows its divinity, wholeness and innate perfection.

As I reflected on this, the question returned, why do I want to hear and see? For joy! It's not just that ego wants experience. Love invites joyful experience just for the wonder of it. That intention needed to be honored, love's intention to ever more deeply know itself. I saw the part of me that felt some grasping, and could offer it kindness, and also the part that felt some shame at asking for hearing, thinking of it only as physical sensation. Both still arise in the human. Let them be, and turn to that which seeks, in joy and love.

I finally understand that this was the deeper healing, which the entities understood the need for long before I did. They didn't create the wave accident of course. Our lives draw us where we need to be, and one experience or a parallel one will come. But they helped me to use that experience to cease to armor myself in any way, to open my heart to the world and to myself. In their wisdom they didn't just "fix" the outer symptom, which I know they could have done, but asked me to heal the inner wounds.

Later on that visit I asked one of the entities, Dr. Valdivino, if there was any karma that still contributed to the deafness and blindness. He replied with such compassion in his eyes that it made we weep, "I am helping you with the karma."

These insights were a needed first step. That year they smiled at my tuning fork demonstration and said the work was right on track. They are working on the ears. Please be patient. Interestingly, while I do choose to hear, I no longer need to hear, because I hear it all now through my other senses. The barriers are gone. I am complete, and hearing will be a wonderful extra gift!

I returned again for a month in January 2007. When I came to the Entity to ask about the present status of the work on my ears, he said, "You will hear; be patient." A sore on my lip, a result of the accident almost 3 years earlier, was bleeding profusely as I stood before him. It had been bleeding for 4 days. After 3 years of intermittent lip bleeding, my doctor at home had said it needed to be treated, the lip incised, the artery cauterized and the lip stitched. He had put off proposing this because of the scarring, hoping it would heal on its own. I had an appointment in February to have the work done. So the Entity took one look at the lip and said, "That I can help with now." In 10 minutes the bleeding stopped. A small scab formed. Within 3 days it fell off and the lip was perfect, and has remained so for these 4 months. My primary care doctor at home saw it in February and said, "Maybe I need to go to Brazil!"

I sat in the current room that week, with the lip not bleeding, and pondered what had happened. I had seen so much real physical healing, but not experienced it personally. Now I had this proof. What did this mean to my trust in his statement, "You will hear"? I know he didn't heal the lip to teach me faith; he healed the lip to heal the lip, out of his compassion. But it did teach me faith. I will hear! As I sat there reflecting on this question, I heard what sounded like an odd tone of tinnitus, the inner ear noises I often experienced. But this came from

Weeping, I ran outside to dance in the storm, reveling in each boom that these ears had not heard for 35 years. There were many thunderstorms those 2 weeks, and I rejoiced with each one, with many people coming to join me as I danced in the rain.

outside of me, not from within. It was a loud rumbling sound. "Thunder," came the thought. "It is thunder."

Weeping, I ran outside to dance in the storm, reveling in each boom that these ears had not heard for 35 years. There were many thunderstorms those 2 weeks, and I rejoiced with each one, with many people coming to join me as I danced in the rain. Thunder is loud; softer sounds of speech have not yet come, but I know they will.

Now, May 2007, I'm preparing to go with my husband and collie for a long walk. This ability has also been a gift of the entities. Seven years ago I had arthroscopic surgery to repair torn cartilage in my knee. The knee was never stable after that, and through the years became increasingly painful so I was limited to short walks, and with pain after. I had not asked the entities for help with this, thinking to focus on the ears and eyes. This January the entity asked me, ever respectful of my free will, "We can repair the knee; do you wish it?" They told me I would need to stay off the leg for a week, then limited walking for another 4 or 5 weeks, up to the 40 days the healing might take. "Yes," I replied, "Yes!" My first week at the Casa in January 2007, they did this surgery at the same time as they worked on ears and eyes. I went back to my room and slept for almost 48 hours. The knee was sore at first. I stayed off it. Now, 4

Photo by Linda Lawson

months later, it's entirely pain free and stable for the first time in a decade, and once again I can enjoy long walks.

Increasingly, my visits to the Casa lead me to the question, "What is healing?" Our meditation practice leads us to investigate woundedness, and to come to know the "ever healed". At that ultimate level there is nothing to heal. Yet on the relative plane there are wounds, both physical and mental. There is karma too, though on the ultimate level even karma disappears. For me the deepest healing is the integration, to know the "ever healed", to know our innate perfection, yet to have compassion for the humans that we are, who sometimes become so lost in delusion that all we can see is the imperfections. There is nothing to fix and yet we must always attend to the real experience of suffering, and with love. So the deepest healing is of the duality; there is no longer "either/or", perfect or imperfect. Right there with the seeming imperfections is the perfection. Right there with pain is that beyond all pain. Right there with fear is love. Right there with deafness is that which already hears those 10,000 joys and sorrows.

May we all find the healing that we seek.

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(A full-length interview with Brodsky appeared in the January - April 1999 issue of the Crazy Wisdom Community Journal. A limited supply of back issues are available at Crazy Wisdom — $8 per issue.)

Rumi: Poet of the Heart

by Laz Slomovits

Come, come whoever you are —
wanderer, worshipper, lover
of leaving. It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken your
vow a thousand times. Come,
come yet again, come.

This was the first poem I read by Jelaluddin Rumi, the 13th Century Sufi mystic, and I knew immediately that I had a friend. In just a few short lines he made it clear that he knew me (and most everybody else!) through and through — and loved us all unconditionally anyway. There is such hope and encouragement in those lines.

Reading more of his work I soon found out that, compassionate as he was, Rumi could be equally fierce with hypocritical or weak-spirited behavior.

Gamble everything for love
if you're a true human being.
If not, leave this gathering.
Half-heartedness does not
  reach into majesty.
You set out to find God,
but then you keep stopping
  for long periods
at mean-spirited roadhouses.

To this day, the more I enter Rumi's world, the more I discover the many-layered richness and variety of the perspectives he gives on life.

This September 30th marks Rumi's 800th birthday. Throughout these centuries, his work has inspired, encouraged, and delighted millions throughout the Middle East and beyond. Although Rumi began to be widely known in the English speaking world only about a hundred years ago, interest in his poetry has exploded to such an extent in recent years that he has become the best-selling poet in America. Popular icons such Deepak Chopra, Wayne Dyer, Demi Moore, and Julia Cameron quote him and express gratitude for the gifts he has brought into their lives — which they share with their large audiences. There is a moving story of Leonard Bernstein, the night before he died, asking for several Rumi poems to be read to him over and over.

> In 1976, Robert Bly handed Coleman Barks a scholarly translation of Rumi and growled, "These poems need to be released from their cages."

But it's not just celebrities who have embraced Rumi. You find his poetry quoted in a huge variety of places — in books on creativity, psychology, and business, in self-help and spiritual books, on calendars, bookmarks, greeting cards. Calligraphers decorate his lines on hand made paper, illustrators paint his passionate images of love, dancers whirl to his mystical metaphors, and musicians improvise while poets recite his ecstatic verses. In recognition of his world-wide influence, UNESCO has designated 2007 as The Year of Rumi.

Rumi was born in 1207, near the city of Balkh, in what is now Afghanistan. During his childhood his family moved a number of times, fleeing before Genghis Khan's armies, finally settling in Konya, Turkey. One of the first legends about Rumi comes from this time of traveling. It is said that a great poet and teacher, Fariduddin Attar, recognized Rumi's greatness even as a boy. Seeing the young Rumi walking behind his father, (Bahauddin Walad, a highly respected theologian and mystic, and head of a medrese, a dervish learning community) Attar said, "Here comes a lake, followed by an ocean."

After his father's death, when Rumi was still in his early twenties, he became head of the medrese, quickly gaining a reputation as a great scholar, with many students. However, he himself continued to study with several renowned teachers, to deepen his understanding both on an intellectual and mystical level. He also married, fathered four children, and from the letters one of his sons preserved from this time, we know that he was actively involved in the practical affairs of the life of the community, as well as guiding it spiritually.

With all his knowledge and growing fame, it is said that Rumi knew his studying was incomplete and limited; he longed for deep transformation, not just more learning. Legend has it that, at the same time, a wild mystic, hermit and wanderer, Shams of Tabriz was praying to meet someone who yearned for God in the same passionate way he did, someone who could hold what he had to give. He asked inwardly again and again, "Who will be my friend?" Finally, a reply came in the form of a question. "What will you give?" Shams replied instantly, with no hesitation, "My life." "Your friend is Jelaluddin Rumi in Konya."

There are many stories about their initial meeting. In my favorite one, Rumi, then thirty seven years old, was sitting by a fountain in a square in Konya, reading to his students from rare books that included his father's writings on divine love. Suddenly, Shams pushed through the crowd and knocked all his books into the water. Rumi cried out, "Who are you and what are you doing?" Shams replied, "It's time for you to live what you've been reading about." Seeing Rumi looking despairingly at the precious books in the water, Shams reached into the pool and brought one up — dry. In some versions of the story Shams proceeded to restore all the miraculously dry books to Rumi — who now understood the dryness of mere intellectual knowledge. In others versions, when Shams offered to retrieve them, Rumi turned away from the books and said, "Leave them". Either way, the incident was symbolic of Rumi's initiation into a whole new level of experience, leaving behind his old way of perceiving the world.

Shams and Rumi secluded themselves for many days at a time, completely absorbed in sohbet, mystical conversation. Andrew Harvey, a contemporary Rumi scholar and translator says, "A massive transformation of Rumi's heart and whole being now began to take place in a transmission from Sham's heart to his. Shams knew he had very little time and that Rumi had to be utterly remade so that the revelations he was destined to transmit would be potent in him."

Part of the reason Shams knew he had little time was that he was twenty or more years older than Rumi. But another, more compelling reason, was the growing jealousy of Rumi's disciples, seeing the great influence Shams had on their teacher. Shams was forced to flee from Konya to Damascus. Rumi, overcome with grief at the separation, sent his son, Sultan Velad, to bring Shams back. But the jealousy and hatred of Rumi's students soon flared up again, and this time when Shams left — some say Rumi's disciples murdered him — he did not return.

This is when the Rumi whose poetry has come down to us through the centuries begins to emerge. According to legend, holding on to a pillar in his courtyard, Rumi began to turn around and around the pole, (this later became the basis of a core practice of the Mevlevi order of Sufi whirling dervishes) spontaneous poetry of intense longing pouring out of him. Students copied down his lyrics as he kept spinning in his grief. He traveled twice to Damascus, hoping against hope that he would find Shams. It was on his second trip, several years after Shams' disappearance, that a great revelation came to Rumi. He suddenly understood, experienced at the core of his being, that he and Shams were one — he carried Shams within himself. In a poem from that time Rumi expresses their total merging in an unbreakable bond of soul friendship. "Although I am far from you physically, without body or soul, we are one single light…I am him, he is me, O seeker."

This theme of union comes up again and again in Rumi's poetry in a wide variety of ways. It's in his gorgeous images of the lover and the Beloved,

Lovers don't finally meet somewhere
they're in each other all along.

in the powerful lines denouncing all divisions of religion that cause conflict between people,

Two hands, two feet, two eyes, good,
as it should be, but no separation
of the Friend and your loving.

Any dividing there
makes other untrue distinctions like "Jew,"
and "Christian," and "Muslim."

in the advice he gives us on how to live a fulfilling life,

Let the beauty we love be what we do.

in the sublime images of our intimate connection with nature,

What was said to the rose that made it open
was said to me here in my chest.

and most often, in the metaphors for the longing human beings feel to be one with God. Perhaps the most famous of these is the metaphor of the nay, the reed flute.

Listen to the story told by the reed,
of being separated.

"Since I was cut from the reedbed,
I have made this crying sound.

Anyone apart from someone he loves
understands what I say.

Anyone pulled from a source
longs to go back."

> The breeze at dawn has secrets to tell you. Don't go back to sleep!

The poetry kept flowing out of him for the rest of his life, for nearly 30 more years, along with a rich panoply of teaching stories and discourses. The sheer volume of his prolific writing is awe-inspiring — and with all the translations that have been done recently, it is estimated that still only about a third of his work has been rendered into English.

The person who is perhaps most responsible for Rumi's fame in America is his foremost translator, himself an eminent poet, Coleman Barks. He in turn credits Robert Bly, poet, translator and author of the classic book about men, "Iron John", with starting him on what has become his life work of translating Rumi. In 1976 Bly handed Barks a scholarly translation of Rumi and growled, "These poems need to be released from their cages." Bly himself had done a number of translations of Rumi, but since the late 1970's Barks has published book after book of versions of Rumi poems.

I've read Rumi's poetry off and on for many years, but since I heard, five months ago, about Rumi's 800th birthday coming up, I've felt drawn to immerse myself in his work, to read from his poetry almost every day, and to set some of his poems to music. Certain lines have started to come up spontaneously to guide and inspire me. For example, one poem begins,

The breeze at dawn has secrets to tell you.
Don't go back to sleep!

Some mornings, when the pull to stay in bed is stronger than the knowledge that getting up to meditate and to work on a new song will be much more uplifting, those lines have actually bubbled up through the lethargy and have gotten me out of bed. Of course, like most of Rumi's poems, this one works on more than one level; going back to sleep can happen in a lot of ways, as we move through our daily lives — and Rumi wants us awake all the time, on all levels of our being.

I'm not the only one on whom Rumi has had this kind of effect. Coleman Barks says, "I find, as I explore the world of Rumi's work, that I keep discovering those qualities with which I need attunement."

Hosain Mosavat, poet, photographer, instrument maker and former teacher, was born in Iran, but has lived in the Ann Arbor area for more than 50 years. He first heard Rumi the way many children still do in parts of the Middle East — his mother sang Rumi poems to him as lullabies. Later, Rumi's poems inspired him to start writing his own poetry — a practice he maintains to this day. When asked how Rumi's poetry has affected his life, he replies like a poet: "It has made me go through life with a sword in my heart, which severs love from that which is not love."

Gernot Windfuhr, Professor of Iranian Studies at the University of Michigan, first encountered Rumi as a student in Germany. He has seen the power of Rumi's influence not just in his own life, but in the lives of thousands of students who have been in his classes — many of which include a focus on Rumi — in the forty plus years he has been teaching. As a scholar, he is aware of subtleties of Rumi's artistry which, as he says, "are impossible to render in translation." And yet, he sees that what comes across to everyone is Rumi's "profound depth of longing, which is probably unsurpassed."

Domenic Tamborriello is a clinical social worker, who is also the primary organizer of RumiNations800, an Ann Arbor celebration of Rumi's 800th birthday, September 28-30. He said, "No one has braided the rope of the human with the rope of the divine like Rumi. Every poem is a love poem to God, or as Rumi would say, to the Beloved. He can find the presence of the Beloved in a drop of the ocean and help us become both that drop and the ocean itself."

As I talked with people about Rumi, it seemed that everyone — poet or not — gave amazingly poetic answers, Rumi's deep influence shining in their replies. Mahmoud Moallemian is a member of the Academic Computing and Network services at Michigan State University. Born in Iran, he has lived and worked in the US since 1982. "Rumi's poetry has taught me that love and tolerance are essential parts of living, especially in today's world." And then he begins to quote Rumi by heart,

> Lovers don't finally meet somewhere - they're in each other all along.

From love thorns become flowers...
From love vinegar becomes wine...
From love fury turns to mercy...

And he continues reciting, each line beginning with, "From love..."

Everyone I asked about Rumi responded by talking about love in one form or another.
Sepideh Vahidi, Iranian singer, painter and graduate student in Fine Arts at the University of Michigan, summed it up most simply, most eloquently. When I asked her, "What are the two or three most important teachings of Rumi — to you, personally?" She replied, "To be in love, to be in love and to be in love."

Rumi's love knew no boundaries.

The clear bead at the center changes everything.
There are no edges to my loving now.

I've heard it said there's a window that opens
from one mind to another,

but if there's no wall, there's no need
for fitting the window or the latch.

It was, and is, a love meant to dissolve what separates us from each other and from God — whatever our conception of God is. When Rumi died, on December 7th, 1273, his funeral procession included Christians, Jews, Moslems, and members of other faiths, all coming to honor the man who taught and so fully embodied universal love, a love that transcended religion, race, nationality and all the other artificial barriers humans put up between each other. This may be why, 800 years after his birth, he continues to inspire people all over the world — perhaps now more than ever — with a bright hope; that we can each live our lives in touch with our divine source, and from this core of our being, share with each other a profound vision of oneness.

*****

Laz Slomovits is one of the twin brothers in Ann Arbor's nationally known children's music duo, Gemini. Laz gives heartfelt thanks and credit to Coleman Barks, both for his magnificent translations, as well as for the stories of Rumi's life, on which much of this article is based.

Rumi Comes to Ann Arbor - This Fall!

A Celebration of Rumi with Various Performers

Sept. 7, 7 p.m. at Ann Arbor Public Library • Local lovers of Rumi's poetry, both Persian and American, give a many-faceted presentation of his work through poetry, storytelling, dance, and music. Audience members encouraged to bring their favorite Rumi poem to share at the end of the evening. Performers include poets Hosain Mosavat and Domenic Tamborriello; musicians Laszlo Slomovits, Laurel Federbush, Lisa Warren, and Sepideh Vahidi; storytellers/reciters Ahmad Baratloo and Mahmoud Moallemian; and dancers Shirley Axon, Nancy Heers, Diane Macauley, and Linda Sinkule. This is a free, "pre-event" leading up to the RumiNations 800 celebration (see listing below). Free. Call 327-4265; gemini2200@comcast.net.

RumiNations800: A Rumi Celebration! with Coleman Barks, Robert Bly, and others

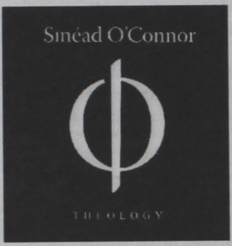
Sept. 28-30 • A weekend celebration of the 800th birthday of Jelaluddin Rumi, 13th century Persian Sufi mystic, considered by many to be the world's greatest poet of spiritual life. In recent years, through the work of many translators, Rumi has become known for his magnificent poems on timeless themes of love, inner wisdom, and the spiritual journey, as well as peace and mutual respect between religions and nations. For costs, call Domenic Tamborriello at 734-649-7092; www.ruminations800.com.
Sept. 28, 7 p.m. • Canadian filmmaker Tina Petrova's docudrama "Rumi – Turning Ecstatic" followed by a Q&A session with the filmmaker. Also includes a performance by Tamir from NYC of dramatic readings and dance interpretations of Rumi. $25 or $15 students at Rackham Auditorium.
Sept. 29, 7 p.m. • Poetry reading with Coleman Barks and Robert Bly, accompanied by musicians David Darling on cello and Marcus Wise on tablas. $50 premier seating, $30 general or $20 students at Rackham Auditorium.
Sept. 30, 1 p.m. • Closing program includes talks by Robert Bly and Coleman Barks about Rumi's writings on peace, as well as presentations by local musicians, poets, and dancers. $25 or $15 students.

Music Reviews

NEW MUSIC at Crazy Wisdom
by Sarah Newland

Sharanam cd: Sacred Chants of Devotion by Sudha and Maneesh de Moor

The enchanting voice of award-winning vocalist Sudha combines with the meditative compositions of de Moor with this new release of Sanskrit devotional chants. Sharanam means "take refuge in" or "surrender", to bow at the feet of our creator, our guide, and our true essence. Instrumentation includes lush keyboards, bansuri and other Indian instruments along with serene vocals. Wonderful support for the healing arts, meditative yoga, and peaceful contemplation. Sudha's first cd, Planet Love, is still a store favorite. Shelved with Chant music.



Theology cd by Sinead O'Connor

We are thrilled to have the new Sinead cd! It's been a while in the making. This double cd is the classic music you would hope for from her. Interestingly, almost the same songs are recorded on each cd -- one in Dublin and the other in London -- resulting in varied renditions from a full band to hauntingly simple instrumentation. The songs carry notes of sadness of her county's past and ongoing political plight. Very moving. Shelved with Women's music.

Deva Premal Sings the Moola Mantra cd by Deva Premal

Released August 28th, this is one of the year's highly anticipated releases. "Deva Premal pours her lush and inspiring voice into this expression of Oneness honoring all spiritual paths, religions, creeds, and traditions," reviews White Swan Records. I haven't heard this cd before its release, but as an unwavering Deva Premal fan, I wouldn't hesitate to buy this recording sight unseen. Her other Sanskrit devotional chant cds have been consistent best-sellers for us for the past five years! Shelved with Chant music.

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Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, *email to sarah@crazywisdom.net in text format by November 15, 2007.*

Silence
by Harley King

Sometimes when God
visits, we spend
our time together
in silence, listening
to the pounding
of the waves against
the shore, watching
the moon rise full
above the trees,
hearing the hooting
of an owl as well
as the barking of
the neighbor's dog.
Now and then, one
of us will break the silence
with a few words strung
together, nothing profound
or enlightening, just
the need to voice what
our hearts are saying.

Harmonious Conception
by Bronwen Gates

A Prayer.
Open to the spaciousness of who you are in your most generous conception, beyond the limited understandings within which you live your day-to-day life.
Let this spaciousness be the invitation and the cradle for new life.
You are ready now for this fulfillment that comes as you have claimed your own Presence, and can embrace the paradox of a child that is a part of you and also exists in fullness apart from you.
Become comfortable with uncertainty and the unknown, trusting the invisible threads to guide and direct your life if you will allow.
The adventure of a lifetime begins...
You are ready.

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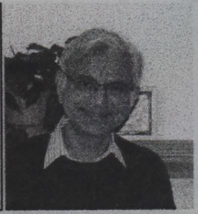

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The Crazy Wisdom Calendar

Abundance & Prosperity

Abundance Lightworkers with Lorie Ausel • Sept. 13, 7-8 p.m. • Meditations, teachings, and sharing for manifesting our dreams, visions, and abundance in our lives and blessing the planet. By donation. Call Mary Jo at 810-225-0463; info@gentle-strength.com.

Acupressure, Shiatsu & Reflexology

Foundations of Shiatsu, Technique and Theory Part I with Craig Parian at Ann Arbor Institute of Massage Therapy • Nov. 30-Dec. 2, 9 a.m.-5 p.m. • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. The student will learn basic oriental philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work. Open to the public. No prior massage experience necessary. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Adoption

Deepening Connections: Nurturing an Open-Hearted Adoption with Lisa Gayle • Oct. 16, 23, 30, Nov. 6; 7-9 p.m. • Designed for adoptive parents in any stage of the adoption/post-adoption process, this workshop helps develop subtle skills that enhance parents' ability to provide authentic, healing relationships with their children. The workshop draws from fields that explore human health and consciousness including craniosacral therapy, prenatal and perinatal psychology, trauma healing, meditation, physics, and the writings of adults adopted as children. Topics/skills covered are patience and presence, what all babies need, affirming the adoptee's experience, and practical suggestions for increasing attachment and development. $95 for both parents. Call 994-6172.

Aging

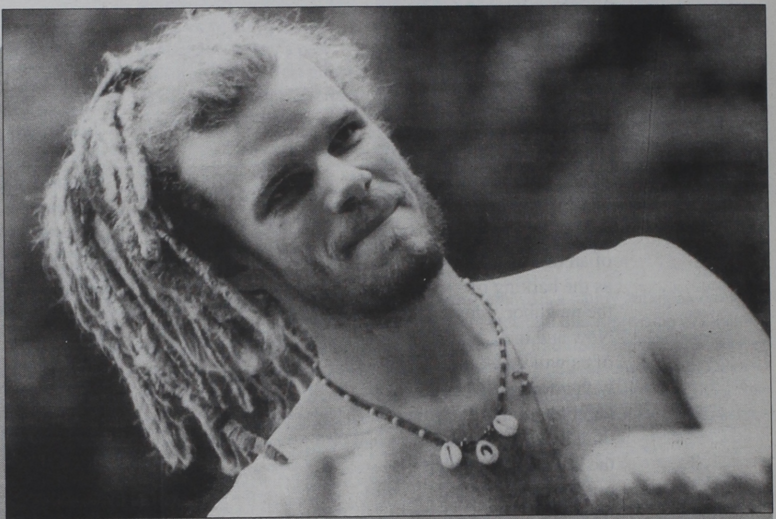
Mid Life/Long Life Directions Workshop with Monica Stuhlreyer through Visitation North • Nov. 16 at 7:15 p.m.-Nov. 18 at Noon • There is another agenda for the second half of life: a spiritual task and call to develop our inner Self. Commuters only. $175. Meals provided on Saturday. Call 248-433-0950; visitationnorth@ihmsisters.org.

Animal Healing & Animal Spirit

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Sept. 22-24 or Dec. 8-10, Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented towards working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend class. Call 663-9724; intuitivehealth@aol.com.

Animal Human Energy Bond Series: Humans and Animals – Deepening the Connection with Marliesa Back, offered by Betsy Adams • Sept. 10, 7-9 p.m. at Crazy Wisdom Community Room • How much is relationship with our animals about "me" or about "you", about separation? Together, let's explore ways to bring us into the space of "we", of "oneness". $15 suggested offering. Call Marliesa at 649-6878 or Betsy at 475-4230; marliesa@provide.net.

Animal Human Energy Bond Series: Introduction to Flower and Gem Essences for Animals with Susan Fancy, offered by Betsy Adams • Sept. 24, 7-9 p.m. at Crazy Wisdom Community Room • Flower and gem essences are non-medicinal, energetic remedies for mental, emotional, physical, and spiritual well-being. They are supportive for all forms of consciousness on Earth, including animals, as they communicate the healed blueprint of almost any tendency. How can these be helpful to your household? We'll look at how essences can help with behavioral imbalances, emotional outbursts, and offer physical support. $15 suggested offering. Call Susan at 645-1557 or Betsy at 475-4230; susan@laughingwatersllc.com.



Ryan Edwards is the artistic director of LikeWater Drum and Dance. He has been drumming, performing and studying for 15 years in the U.S. and West Africa.

What are your earliest memories of drumming?

My earliest memories of drumming are from the band room at the weird Christian school my parents sent me to for a few years. I joined the concert band in 6th grade, and recall thinking, "This is school? No, this is way better than school." I was also quite a trouble-maker in that class, as percussionists often tend to be, I guess. Some pieces I recall playing include the Raiders of the Lost Ark theme song, and the Phantom of the Opera medley for bands.

You lead many classes and workshops on drumming. What other music and drumming-related work do you do, and is this how you earn your living?

I do earn my living through teaching and performing music (as we say in Guinea, "A Hammdilly-laye" – God is Great!). Besides teaching workshops in schools and communities, I also direct and perform with my group, Like Water Drum & Dance. We perform with 6 drummers and 4 dancers, rehearse 1 to 3 times per week, and perform throughout the state, as well as a few gigs beyond Michigan as well. In addition, I manage the Like Water Drum Shop – a place where we make and repair many styles of traditional instruments, mainly those from West Africa.

What is your favorite drumming CD, and why?

Favorite? Oh c'mon! Ok I'll try… Faso Denu by the group Farafina. They are an ensemble from Burkina Faso – the album is beautiful. I think it is relatable to westerners, that's why I like it. It is at the same time both foreign and familiar. I have to give a shout out to Famadou Konate, though, one of only a few true masters of the djembe. His album Hamana Mandenkönö is absolutely brilliant.

What is your favorite book about music, percussion or drumming?

The Music of Life by Hazarat Inyat Khan. A teacher at Berklee College of Music (which I attended for a short time) suggested the book to me. It was then and has been very influential in my life. This book opened me up to Rumi's poetry (the Sufi mystic) – and that has also had a profound effect on my spiritual perspective. (Editor's Note: See the article about the upcoming Rumi Festival taking place in Ann Arbor this fall, on page 15).

Animal Human Energy Bond Series: From Dragons to Dragonflies – Exploring Animal Archetypes with Kit Stacey, offered by Betsy Adams • Oct. 8, 7-9 p.m. at Crazy Wisdom Community Room • This talk will focus on ways we can deepen our understanding of "creatures great and small" who are here to help us. From shapeshifting into animal forms, to studying the tracks and flight paths of various creatures, to simply noting the appearance of a specific animal, bird or insect, humans have been learning from our animal companions for millennia. Opportunities will be offered for participants to share personal stories of animal encounters that provided help and healing. $15 suggested offering. Call kit at 517-518-8038 or Betsy at 475-4230; tigerlily19@comcast.net.

Animal Human Energy Bond Series: What do Fluffy's Vital Cells Have to Say? with Laura Remy, offered by Betsy Adams • Nov. 26, 7-9 p.m. at Crazy Wisdom Community Room • You are invited to attend a workshop dedicated to learning how to communicate with the vital cellular structures within our pets. Herein lies a world of loving cooperation and joyful purpose. $15 suggested love offering. Call Laura at 424-1192 or Betsy at 475-4230; lauraremy@charter.net.

Aromatherapy

Essential Oils for Life and Health with Julie Jeffery Peale • Oct. 20, 10 a.m.-3 p.m. • Essential oils are an amazing natural resource that many know very little about. You will learn the basics about the benefits of essential oils, as well as how to make therapeutic lotions, beauty products, and household disinfectants. You will take home the creations you make! $65 including lunch. Call 395-6776.

Advanced Essential Oils: Blending and Therapeutic Uses with Julie Jeffery Peale • Nov. 10, 10 a.m.-2 p.m. • You will learn the art of essential oil blending and go into greater detail of the therapeutic effects of these combinations. You will have the opportunity to make your own custom blend using the oils provided in the workshop. $75 including lunch. Call 395-6776.

Art & Craft

Piece Work, Soul Work with Ann Hughes and Barbara Harvey through Weber Center • Oct. 5 at 7:30 p.m. through Oct. 7 at 1 p.m. • The Lord's Prayer will permeate the weekend as quilters use paper-piecing techniques to create a log cabin wall hanging. There will be four sizes to choose. If you are a quilter and believe prayer is integral to life, this weekend is for you! Limited to 25. $200 single occupancy; $125 double; $100 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Come and Paint with Mary Southard through Weber Center • Nov. 9 at 7:30 p.m. through Nov. 11 at 1 p.m. • This weekend retreat is designed to awaken your creative energies through painting – a way of prayer, a form of spiritual expression. Both beginners and novices will benefit from this gentle environment that offers freedom to engage in the creative process without expectation, comparison or competition. Bring your favorite brushes, a paint smock, and your journal. Paper, paint, and easel will be provided. Limited to 25. $225 single occupancy; $150 double; $125 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Intuitive Painting Workshop with Shaqe Kalaj • Three-day workshop consisting of 3.5 hours per day, dates and times to be decided • The focus of this workshop is accessing your inner world and expressing it in a way that is authentic to who you truly are. The class is for beginners as well as the experienced artist. During this journey, you will paint your birth then tap into your animal instincts and access the goddess within. $120. Call 734-634-8177; imshacha@provide.net.

Icon Painting Workshop with Aruna Olga Bachmann • Sept. 8 and 9, or Oct. 13 and 14; 10 a.m.-6 p.m. • Icon painting is a 15th century Byzantine style liturgical process. Each person will paint an icon to take home. You do not need to be an artist. $90 for two-day workshop plus fee for materials and meals. Call 810-623-0510.

Astrology

Introduction to Astrology: Getting Off to a Good Start with Bon Rose Fine • Wednesdays: Sept. 18-Nov. 14; 7:30-9 p.m. (no class Oct. 31) • The objective of this eight-session class is to give beginning students a proper foundation in the basics of astrology. The meanings of the signs, planets, and houses will be covered, and all students will receive copies of their own natal charts as well as four extra charts of friends or family. Students will be able to schedule a free hour of private tutorial with the teacher. $100. Call 434-4555; bonrosefine@comcast.net.

Putting It Together: Astrological Chart Interpretation with Bon Rose Fine • Tuesdays: Sept. 25-Nov. 13; 7:30-9 p.m. • Astrology is a language and, once students are familiar with the signs, planets, and houses, they are ready to start talking! This eight-session class will offer a review of the basics, and explain aspects and the foundations of chart delineation. Students will be able to schedule a free hour of private tutorial with the teacher. $100. Call 434-4555; bonrosefine@comcast.net.

Astrologers and Friends Weekly Gathering coordinated by Bon Rose Fine for SMART (Southeast Michigan Astrologers' Round Table) • Thursdays, 6:30-9 p.m. (no meeting Oct. 25 and Nov. 22) • The astrological community will hold weekly get-togethers in order to trade readings with one another or offer mini-readings to the general public. They'd like to include other practitioners of the divinatory arts, such as psychics, numerologists, clairvoyants or tarot card, palm, tea leaf or rune readers, or body/energy workers, and invite them to join these gatherings. This is a welcoming environment. Cost varies. Call 434-4555; bonrosefine@comcast.net.

Chart Analysis with Richard Weber, sponsored by SMART • Oct. 14, 2-4:30 p.m. • We may understand what all the planets, signs, and houses mean, but what do we do with this information when interpreting a chart? Among the topics covered will be planetary aspects and house placements, and signs on the house cusps. Bring your charts! $10 or $8 for NCGR members. Call 434-4555; bonrosefine@comcast.net.

Synergistic Astrology: The Study of Relationships with Liz Nelson Jelinek, sponsored by SMART • Nov. 11, 2-4:30 p.m. • Are you dating someone who could be a marriage prospect and does your relationship have the potential to survive throughout the years? Should you go into business partnership with someone you just met or could this person become your best friend? Join Liz as she takes you through the comparison of two charts. $10 or $8 for NCGR members. Call 434-4555; bonrosefine@comcast.net.

SMART Celebrates Its First Anniversary coordinated by Bon Rose Fine for SMART (Southeast Michigan Astrologers' Round Table) • Dec. 1, 4-6:30 p.m. • Join SMART for a celebratory cup of coffee and a piece of cake! A year ago, the former Astrology Study Group of Washtenaw County officially became SMART and is now a chapter of the National Council for Geocosmic Studies. The actual time of SMART's solar return will be 6:26:49 p.m. on this very date, so come one and all (newcomers welcome) and help us reflect upon our first year of being SMART. Donations accepted. Call 434-4555; bonrosefine@comcast.net.

> The great thing about getting older is that you don't lose all the other ages you've been.
>
> - Madeleine L'Engle

Basic Principles of Astrology with Rodney Smith • Tuesdays: Sept. 25-Oct. 30; 7 p.m. • Learn how the motions of our earth, sun, moon, and planets form the basis of the astrology chart. We will cover zodiac signs, planets, and houses from their basis in the real world. No astrological knowledge needed. All principles fully explained. $120. Call 330-2882; astrology@delaney-smith.net.

Astrology and Tarot with Rodney Smith • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 7-9:30 p.m. • Rodney Smith reads astrology and tarot in Saline. $10 minimum; $1 per minute. Call 330-2882; astrology@delaney-smith.net.

Astrologers and Friends with Beverly Fish and Rodney Smith • Thursdays, 7-9:30 p.m. • A friendly gathering of astrologers and metaphysical folk meets in Depot Town. Free. Call 330-2882; astrology@delaney-smith.net.

Author Receptions

Book Signing and Discussion of *The Three 'Only' Things: Tapping the Power of Dreams, Coincidence and Imagination* with Author Robert Moss • Oct. 10, 7:30 p.m. at Crazy Wisdom Tea Room • In this inspiring event, Robert Moss explains how we already have the tools to engage our body and higher Self when working with the law of attraction. They are the three things we too often dismiss as "only" a dream, "only" a coincidence, and "only" my imagination. He offers fresh and exciting ways we can work with these extraordinary sources of wisdom to create the lives we truly desire. Free. Call 665-2757; information@crazywisdom.net or www.mossdreams.com.

Author Event and Book Signing with Sheila Quinn Simpson, author of *Apology: The Importance and Power of Saying "I'm Sorry"* • Oct. 21, 1 p.m. at Crazy Wisdom Bookstore • The topic of apology seems invisible in society, yet the need for apology is everywhere. Sheila will explore ways to transform lives for the better through the power of apology. Free. Call 877-780-2588 or Rachel at Crazy Wisdom at 665-2757; balconypub@freeway.net.

Book Signing and Talk with Michael Nagler, author of *The Search for a Nonviolent Future: A Promise of Peace for Ourselves, Our Families and Our World* and *Our Spiritual Crisis: Recovering Human Wisdom in a Time of Violence* • Oct. 24, 7:30 p.m. at Crazy Wisdom Bookstore • Michael Nagler will discuss a spiritual and historical approach to nonviolence as a powerful response to social injustice as well as how material consumption has led to spiritual poverty. Free. Call Rachel at Crazy Wisdom at 665-2757; info@crazywisdom.net.

Book Signing and Talk with Brett Bevell, author of *The Reiki Magic Guide to Self-Attunement* • Nov. 8, 7 p.m. at Crazy Wisdom Bookstore • Brett Bevell explains the transformative powers of Reiki by presenting at-home rituals for self-attunement. In the true healing spirit of Reiki, he also encourages creativity and experimentation with the practice, allowing readers to personalize Reiki for their everyday use. Free. Call Rachel at Crazy Wisdom at 665-2757; info@crazywisdom.net.

Book Signing and Talk with Stanley Krippner, author of *Haunted by War: Understanding PTSD among U.S. Combat Veterans* • Oct. 25, Noon at Crazy Wisdom Bookstore • Dr. Krippner will discuss what trauma is and how it can lead to severe symptoms that mental professionals consider a "disorder". Among other aspects of post traumatic stress disorder, Dr. Krippner will also explain new types of psychotherapy for PTSD as well as longterm consequences of PTSD and how family and friends can help. Free. Call Rachel at Crazy Wisdom at 665-2757; info@crazywisdom.net.

Talk and Book Signing with Author Paul Ferrini at Renaissance Unity • Sept. 19, 7 p.m. • Gain a deeper understanding of the universal teachings of love, healing, and forgiveness. Book signing to follow. Call 586-353-2300; info@renaissanceunity.org.

The Crazy Wisdom Calendar

Author Receptions (continued)

Author Readings at Shaman Drum Bookshop • Free. For more info, call 662-7407; www.shamandrum.com.
Sept. 18, 4 p.m. • *Trinity of Passion* and *Faith in the City* by Alan Wald and Angela Dillard
Sept. 19, 7 p.m. • *Genies, Meanies, and Magic Rings* by Tom Pohrt (illustrator)
Sept. 20, 4 p.m. • *In Gold We Trust: Social Capital and Economic Change in the Italian Jewelry Towns* by Dario Gaggio
Sept. 20, 7 p.m. • *Case Sensitive and the Wash* by Kate Greenstreet and Adam Clay
Sept. 25, 4 p.m. • *Translating Feminisms in China* by Wang Zheng (editor)
Sept. 26, 4 p.m. • *Virgil's Gaze: Nation and Poetry in the Aeneid* by J.D. Reed
Sept. 26, 7 p.m. • *The Women Were Leaving the Men* by Andy Mozina
Sept. 27, 4 p.m. • *The Devil's Handwriting: Precoloniality and the German Colonial State in Qingdao, Samoa, and Southwest Africa* by George Steinmetz
Sept. 27, 7 p.m. • *A Primer on Parallel Lives* by Dan Gerber
Sept. 28, 7 p.m. • *Honey with Tobacco* by Peg Boyers
Oct. 3, 7 p.m. • *Wide Boy* by Phillip Crymble
Oct. 8, 7 p.m. • *Ovenman* by Jeff Parker
Oct. 11, 7 p.m. • *The Animal Girl and Matrimony* by John Fulton and Joshua Henkin
Oct. 23, 4 p.m. • *What Do Gay Men Want?* by David Halperin
Oct. 24, 7 p.m. • *When Madeline Was Young* by Jane Hamilton
Oct. 30, 7 p.m. • *Snow, Ashes* by Alyson Hagy
Nov. 7, 7 p.m. • *Shortcomings* by Adrian Tomine
Nov. 13, 7 p.m. • *An Island Called Home* by Ruth Behar
Nov. 17, 3 p.m. • *China's Brave New World* by Jeff Wasserstrom
Nov. 28, 4 p.m. • *Embodying Honor* by Amal Fadlalla

Ayurveda

Ayurveda: The Doshas and Beyond with Lalita Devi of Nourishing Traditions • Sept. 29, 9 a.m.-4 p.m. • We will explore the concepts of vata, pitta, and kapha to gain a deeper, clearer understanding while learning how innate physical and mental constitution – along with imbalances – create harmony or disharmony and ease or disease. For cost, call Jody Tull at 213-0435; jodytull@aol.com.

Ayurveda and Yoga with Lalita Devi of Nourishing Traditions • Sept. 30, 1-4:30 p.m. • Ayurveda and yoga are sister sciences that, together, generate health and vitality. They are original holistic systems of care for the body, mind, and spirit. Ayurveda and yoga balancing practices and techniques will be the afternoon's focus. For cost, call Jody Tull at 213-0435; jodytull@aol.com.

Yoga and Ayurveda Wellness Weekend with Sandra Moss at Song of the Morning Retreat Center • Oct. 12-14 • Meditate your way out of stress in the splendid and grounding atmosphere of Song of the Morning. Learn the principles of Ayurveda, enjoy nutritious Ayurvedic cooking, and practice AyurYoga and breathing exercises to re-energize your being. Services such as Ayurvedic massage and shirodhara for deep relaxation and purification will also be offered at an additional cost. $195 includes instruction, cooking classes, and yoga. For lodging accommodations, contact www.goldenlotus.org. For times, call Sandra at 998-1072.

Bodywork & Body/Mind Therapies

Energetic Techniques for Bodyworker and Caretakers with Janet Nagy • Oct. 13 and 14 • Approach the profound, find your focus, explore and utilize human subtle anatomy, and master several energetic techniques for the human energy system. $200 before Oct. 1 or $225 after. For times, call 783-3830.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Wednesdays, 7 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, sports, and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849.

Demonstration Rolfing Sessions with Leland Austin • Nov. 10, 1-5 p.m. at Crazy Wisdom Community Room • Rolfing sessions to experience or observe. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. $5 suggested donation. Call 327-1066; lelandsf@gmail.com.

Polarity Therapy: Level One with John Bodary, Karen Kerns, and Renee Rutz • Mondays: Sept. 17, Oct. 1, 15, 29, Nov. 12, 26, Dec. 10, Jan 7; 6:30-10:30 p.m. • Basic Polarity systems, energy anatomy, and energy balancing techniques. NCBTMB CEU's available. $80 per class includes 8 private supervisions with instructor. Call Betty Teeg at 313-647-0038; www.polaritycenter.com.

Polarity Therapy Introduction with Karen Kerns • Nov. 3-4, 9 a.m.-5 p.m. • Introduction to basic energy balancing. For cost, contact www.polaritycenter.com or imieducation.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • Sept. 14, Oct. 19, Nov. 9, Dec. 14; 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. For Sept., Nov., and Dec., the group will be facilitated by a Crazy Wisdom staff member who prefers that you have read the book before arrival. October's discussion group will be facilitated by Crazy Wisdom co-owner, Bill Zirinsky. September's selection will be *Safe Trip to Eden: Ten Steps to Save the Planet Earth from Global Warming Meltdown* by David Steinman and Wendy Gordon Rockefeller. October's selection will be *Eat, Pray Love* by Elizabeth Gilbert. November's selection will be *Getting Things Done: The Art of Stress-Free Productivity* by David Allen. December's selection will be *The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements* by Sandor Ellix Katz. All are welcome; just show up! Call 665-2757; information@crazywisdom.net.

Reading Together for Insight and Inspiration facilitated by Monica Stuhlreyer of Visitation North • Oct. 8, Nov. 12, Dec. 10; 1-2 p.m. • Read and share insights on such spiritually challenging books as *A Church Adrift* by Peter Steinfels and *Practical Prophet* by Bishop Ken Untener. Freewill offering. Call 248-433-0950; visitationnorth@ihmsisters.org.

Enlightened Minds Book Group at Nicola's Bookstore • Sept. 16, Oct. 21, Nov. 18, Dec. 16; 2 p.m. • A book group dedicated to reading books about spiritual enlightenment. *The Secret* by Rhonda Bryne for September. *Making A Change for Good: A Guide to Compassionate Self-Discipline* by Cheri Huber for October. *The Shape of Love: Discovering Who We Are, Where We Came From, and Where We're Going* by Masaru Emoto for November. *Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life* by Shakti Gawain for December. Free. Call Charlotte Young Bowens at 272-9353; younggyrl@gmail.com.

Breathwork

Transformational Breath Workshop with Julie Wolcott and Marcia Bailey • Sept. 15, 8-10 p.m. • An introduction to or review of the Transformational Breath, featuring Judith Kravitz, developer of the Transformational Breath. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of Breathwork, including Transformational Breathing, Leonard Orr style Rebirthing, Holotropic Breathwork, Vivation, Jacquelyn Small Integrative Breathwork, etc. The workshop will include a Breath Analysis demonstration and a group breathing session. $40. Call Julie at 734-355-1671 or Marcia at 734-395-4799; www.breatheannarbor.com.

Transformational Breath Week-Long Residential Seminar in Ortonville with Julie Wolcott and Marcia Bailey • Sept. 16, 6 p.m. through Sept. 21, 1 p.m. • This week-long seminar, featuring Dr. Judith Kravitz, includes ten or more breathing sessions, empowering participants to breathe more fully and openly, transform repressed emotions into more useful energies, and access higher levels of awareness and deeper meditative states. Additional experiences include Toning and Sound Healing, Byron Katie's "The Work", Fountain of Youth postures, Breathing Analysis, Abundance Program, Forgiveness Exercise, Body Mapping, Water Breathing, Advanced Breaths to access higher states of consciousness, plus much more. $2,100. Call Julie at 734-355-1671 or Marcia at 734-395-4799; www.breatheannarbor.com.

Transformational Breath Introductory Workshops in Dexter with Julie Wolcott and Marcia Bailey • Sept. 28 or Oct. 5, 7-10 p.m. • An introduction to or review of the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns, resulting in integrating the mind, body, and spirit at a higher vibrational level. Healing, joy, and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of Breathwork, including Transformational Breathing, Leonard Orr style Rebirthing, Holotropic Breathwork, Vivation, Jacquelyn Small Integrative Breathwork, etc. The workshop will include a Breath Analysis demonstration and a group breathing session. $40. Call Julie at 734-355-1671 or Marcia at 734-395-4799; www.breatheannarbor.com.

Transformational Breath Review Sessions in Dexter with Julie Wolcott and Marcia Bailey • Sept. 28 or Oct. 5, 8-10 p.m. • Each of these classes is designed to empower participants in successfully using the Transformational Breath on a regular basis for self-healing. A 45-minute group breathing session will be offered, followed by an integration process after the breathing session. This class is appropriate for those who have experienced one or more workshops with us. $30. Call Julie at 734-355-1671 or Marcia at 734-395-4799; www.breatheannarbor.com.

Integrative Breath Workshops with Linda Adamcz • Sept. 15, Oct. 13, Oct. 27, Nov. 10, Dec. 1, Dec. 15; 10 a.m.-6 p.m. • A musical meditation for insight, emotional healing, and creativity. Can assist with major life transitions, grief/loss issues, job stress/burnout, trauma/abuse, depression or addictions. $90. Call 269-388-2988; lkadamcz@juno.com.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Sept. 11, 7-9:30 p.m.; Oct. 10, 6:30-9 p.m.; Nov. 5, 7-9:30 p.m.; Dec. 5, 6:30-9 p.m. • Learn what the breath can do for you. Come away with a five-minute program for reclaiming your health and experience a powerful breathing session that can help bring renewed vitality, health, and optimism to your life. $40. Call 734-416-5200; info@bodyworkshealingcenter.com.

Experienced Breather's Tune-Up with Dave and Pat Krajovic • Sept. 5, Oct. 1, Nov. 7, Dec. 4; 7-8:30 p.m. • This class is for experienced breathers who just want to deepen the benefits of conscious breathing by developing a consistent breath practice. Each session will consist of the setting of an intention and a facilitated breath session closing with sharing and integration. You must have previously attended at least three introductory workshops. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Chakra Breath Series with Dave and Pat Krajovic • Sept. 26, 7-8:30 p.m.; Oct. 11, 7:30-9 p.m.; Oct. 25, 7:30-9 p.m.; Nov. 8, 7:30-9 p.m.; Nov. 21, 7-8:30 p.m.; Dec. 12, 7-8:30 p.m. • Exploring our breath is one of the most exciting journeys we can take for grounding our energy, healing our bodies, and establishing a clear intent to create a life of purpose and meaning. Come join us for six transformative breath experiences in releasing and forgiving, appreciating and opening to the gifts of Spirit. Each breath session will focus on a specific intention/affirmation and chakra/energy center. $180. Call 734-416-5200; info@bodyworkshealingcenter.com.

Buddhist Teaching & Buddhist Meditation
For related listings, please see "Meditation" Section

Four Foundations of Mindfulness with Carol Blotter of Deep Spring Center • Mondays: Oct. 1, 15, 29, Nov. 12, 26, Dec. 10; 7:15-9 p.m. • The four foundations of mindfulness are at the heart of Buddhist practice. This course will explore different aspects of each of the foundations: body, feeling, states of mind, and objects of mind, and how to use them to support wisdom and centeredness in everyday life. There will be a guided meditation, class discussion, and a dharma talk. $42 for building fee and an opportunity to offer *dana* for the teacher. Call 477-5848 or 475-0942; www.deepspring.org.

24 Hour Tara Retreat with Kelsang Norbu at Maitreya Buddhist Center • Sept. 7-8, 7 p.m.-4:30 p.m. • In this short but powerful retreat, we engage in the practice of Buddha Tara once every four hours for a period of 24 hours. Everyone is welcome. Session times: Sept. 7: 7 p.m., 11 p.m. and Sept. 8: 3 a.m., 7 a.m., 11 a.m., 3 p.m. $5 per session or $21 for entire retreat. Members free. Call 353-0297; info@meditateinmichigan.org.

Meditation and Training the Mind with Kelsang Lektso at Maitreya Buddhist Center • Sept. 22, 10 a.m.-1 p.m. • By training in meditation, we create an inner space and clarity that enables us to control our mind regardless of the external circumstances. With an untrained mind, we are so dependent on the opinions and approval of others that we lose our freedom to respond and act in the most constructive way. Everyone is welcome. $25 includes a dharma gift. Members free. Call 353-0297; info@meditateinmichigan.org.

The Three Precious Jewels: Going for Refuge to Buddha, Dharma, and Sangha with Kelsang Norbu at Maitreya Buddhist Center • Oct. 20, 10 a.m.-1 p.m. • When our mind is filled with attachment, anger, and delusions, it hurts. Dharma is the supreme inner medicine, Buddha is the supreme spiritual doctor, and Sangha are the spiritual friends who help us in our practice. Everyone is welcome. $25 includes a dharma gift. Members free. Call 353-0297; info@meditateinmichigan.org.

Seeing Kindness: Developing a Heart of Gratitude with Kelsang Lektso at Maitreya Buddhist Center • Nov. 10, 10 a.m.-1 p.m. • By simply focusing on the innumerable ways in which others help us and contribute to our happiness, we truly see their kindness. We can learn how to overcome our sense of isolation or distance, and how with humility we can deeply appreciate others and draw close to them. Everyone is welcome. $25 includes a dharma gift. Members free. Call 353-0297; info@meditateinmichigan.org.

Eight Verses of Training the Mind: Learning to Meditate – Thursday Evenings with Kelsang Norbu at Maitreya Buddhist Center • Thursdays in September, 7-8:30 p.m. • This course, based on the famous 11th century text entitled *Eight Verses of Training the Mind*, will provide an introduction to meditation and spiritual practice. The essence of the Buddhist path to enlightenment is to learn how to transform our present confused and self-centered mind into the perfect wisdom and compassion of a Buddha. Everyone is welcome. $10 per class. Members free. Call 353-0297; info@meditateinmichigan.org.
Sept. 6: What is spiritual practice?
Sept. 13: How to prepare for meditation
Sept. 20: How to engage in meditation
Sept. 27: The kindness of others

Learning to Love: Meditation Techniques – Thursday Evenings with Kelsang Norbu at Maitreya Buddhist Center • Thursdays, Oct. 11-Nov. 8; 7-8:30 p.m. • Learning to love is one of the most important things we can do with our life. What we need in our world is not just more tolerance, but more friendship and love. This series will explore some of Buddha's meditation techniques on learning how to love others in a simple and direct way. Everyone is welcome. $10 per class. Members free. Call 353-0297; info@meditateinmichigan.org.
Oct. 11: The benefits of cherishing others
Oct. 18: Four methods for enhancing cherishing love
Oct. 25: Viewing others as supreme
Nov. 1: Living beings have no faults
Nov. 8: Training in humility

Exchanging Self and Other: Examining Selfishness – Thursday Evenings with Kelsang Norbu at Maitreya Buddhist Center • Thursdays, Nov. 15-Dec. 6; 7-8:30 p.m. • Samsara is the experience of a self-centered mind. By causing us to see life as a constant struggle to serve and protect our own I, we are impelled to perform innumerable destructive actions. The moment we let go of our obsessive concern for our welfare, our mind naturally relaxes and becomes lighter. Teaching, guided meditation, and discussion. Everyone is welcome. $10 per class. Members free. Call 353-0297; info@meditateinmichigan.org.
Nov. 15: What is self-cherishing?
Nov. 22: The faults of self-cherishing
Nov. 29: How to destroy self-cherishing
Dec. 6: How to exchange self and others

Getting Ready for the Holidays: Meditations for Busy Times – Thursday Evenings with Kelsang Norbu at Maitreya Buddhist Center • Thursdays, Dec. 13-20; 7-8:30 p.m. • The holidays can be a time to reflect upon our lives, to practice generosity, and to train in gratitude. They can also be a time when we can become anxious, stressed, and lose our priorities during busy times. Take a break to get ready for the holidays with Buddha's precious teachings. Teaching, guided meditation, and discussion. Everyone is welcome. $10 per class. Members free. Call 353-0297; info@meditateinmichigan.org.
Dec. 13: A Buddhist approach to giving
Dec. 20: Meditations for busy times

Buddha Puja Meditation with Flaming Jewel • Second Tuesday of the month, 7:30 p.m. • Buddha Shakyamuni discovered a happiness and freedom not dependent on external or internal circumstance. This simple meditation conveys the ease and happiness of Buddha like a flame being passed from one candle to another. No meditation experience required. Free. Call 478-0871.

Silent Sitting Meditation at Tsogyelgar Dharma Center • Sundays, 10-11 a.m. • Sitting meditation is the heart of the Buddhist path. Simple, straightforward encounter with the nature and function of one's mind allows us to discover spaciousness and ease in the midst of all thoughts, feelings, and appearances. Suitable for all levels from beginner to advanced meditators with instruction available upon request. Free with donations accepted. Call A'tsal Khandro at 663-3842; A-tsal@flamingjewel.org.

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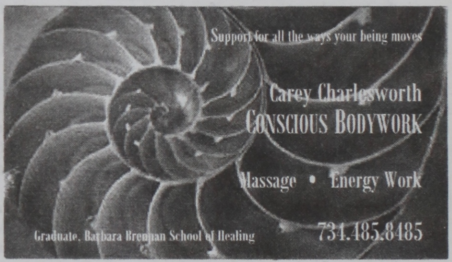

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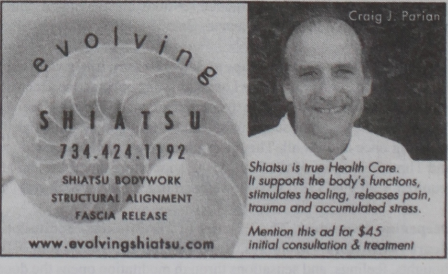

The Crazy Wisdom Calendar

Buddhist Teaching & Buddhist Meditation (continued)

Meditation in the Tantric Tradition at Tsogyelgar Dharma Center • Sundays, 11-Noon • The Nyingma Lineage, the most ancient lineage of Tantra in Tibet, has preserved the power and direct methods of Tantra, or Vajrayana, in a tradition passed form generation to generation. Utilizing mantric awareness spells, envisionment, and subtle yogas, the tantric path presents a series of methods for discovering our true nature of wisdom and compassion. Free with donations accepted. Call A'tsal Khandro at 663-3842; A-tsal@flamingjewel.org.

Seminar on the Life of the Buddha presented by Maitreya Buddhist Seminary Students through Zen Buddhist Temple • Sept. 30, Oct. 28, Nov. 18, Dec. 16; 11:30 a.m.-1 p.m. • Four lectures with discussion and visuals. Topics are the life of Prince Siddhartha before his renunciation, the life of Samana Gautama after his renunciation, the life of Buddha after his enlightenment, the Four Holy Truths, the Eightfold Path, the establishment of the first male sangha, the Buddha's visit home, the youth of the Shakya tribe joining his Order, the establishment of the first female sangha, the Buddha's last days, and Paranirvana. $10 suggested donation per talk. Call 761-6520; a2buddha@sbcglobal.net.

Heart Sutra Study Group with Rev. Haju of Zen Buddhist Temple • Oct. 14, 21, 28, Nov. 4; 11:30 a.m. • You must pre-register to take part in this series on the central scripture in Mahayana Buddhism. For cost, call 761-6520; a2buddha@sbcglobal.net.

Building the Human Heart with Dr. A.T. Ariyaratne through Zen Buddhist Temple • Oct. 21, 2-6 p.m. • A talk, workshop, and discussion led by teacher and much-honored founder of the largest governmental organization in Sri Lanka, Sarvodaya Shramadana (meaning "the sharing of labor, thought, and energy for the awakening of us all"). In a shramadana camp, hundreds of villagers work side by side to construct something they have democratically decided is important to their common welfare. Sarvodaya has energized poor villages in Sri Lanka to build more than 5,000 pre-schools, community health centers, libraries, and cottage industries, village banks, thousands of wells and latrines, and solar energy, rehabilitation, and peace. For cost, call 761-6520; a2buddha@sbcglobal.net.

Yongmaeng Chongjin: Three-Day Meditation Retreat with Ven. Haju Sunim of Zen Buddhist Temple • Oct. 4 at 7 p.m. through Oct. 7 at 8 a.m. • This retreat is an intensive period of Zen practice geared toward the experienced student. For cost, call 761-6520; a2buddha@sbcglobal.net.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Sept. 13 or Oct. 25, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120 or $100 unwaged. Call 761-6520; a2buddha@sbcglobal.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Oct. 20 for women and Nov. 10 for men, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and discussion – an interval of deepening, of slowing down, noble silence, and mindfulness. $60 includes vegetarian meals. Call 761-6520; a2buddha@sbcglobal.net.

Two Sunday Services at Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting of the Three Refuges, and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; a2buddha@sbcglobal.net.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Nov. 30 at 7 p.m. through Dec. 1 at Noon • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. Other dates are scheduled with interest. $160 includes accommodation and breakfast. Call 761-6520; a2buddha@sbcglobal.net.

Sunday Mornings at Jewel Heart with Jewel Heart Instructors and Gehlek Rimpoche • Sundays, 10-11 a.m. with Tea and Cookies at 11-11:30 a.m. (No meetings Sept. 2 or Nov. 11) • Join us for a taste of Buddhism through introductory talks on contemporary issues. A White Tara meditational practice session follows. Open to the public. Free. Call 994-3387; www.jewelheart.org.

White Tara Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Sundays, 11:30 a.m.-12:30 p.m. (No meetings Sept. 2 or Nov. 11) • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. These practice sessions are facilitated with light guidance. Open to the public. Free with donations accepted. Call 994-3387; www.jewelheart.org.

Lam Rim II: The Medium Scope at Jewel Heart with Jewel Heart Instructors • Wednesdays, Sept. 12-Nov. 21; 7-8:30 p.m. • Lam Rim, spiritual practice according to the tradition of Je Tsong Khapa, traverses the entire path to enlightenment. Offered as Lam Rim I, II, and III, the Lam Rim II explores the medium scope of spiritual development aimed at liberating the individual from suffering once and for all. This in-depth course is recommended to follow Odyssey to Freedom and Three Principles of the Path. $100; supporting members and above no charge. Registration required. Call 994-3387; www.jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation at Jewel Heart with Jewel Heart Instructors • Mondays, Sept. 10-Oct. 29; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it creates our experience. Recommended pre-requisite: Creating Space: Clarity and Insight through Meditation. $80; supporting members and above no charge. Registration required. Call 994-3387; www.jewelheart.org.

Mind Training, Brain Training? Recent Encounters Between Neuroscience, Meditation, and Buddhism with Tony King at Jewel Heart • Sept. 15, 1-4 p.m. • Through the efforts of His Holiness the Dalai Lama, Mind and Life Institute, and others, the 2,600-year-old Buddhist tradition of mind training and "Abhidharma psychology" has entered into a real dialogue with modern neuroscience and cognitive psychology. What is the state of this dialogue and how does this impact our spiritual practice? $30 or $20 students. Call 994-3387; www.jewelheart.org.

Stress Reduction, Health, and Spiritual Practice with Tony King at Jewel Heart • Nov. 3, 1-4 p.m. • Stress-reduction techniques and psychotherapies drawn from Buddhist themes such as mindfulness and dialectical behavioral therapy have enjoyed great interest, successfully helping many people in very distressed states. What are these modern "Buddhist-inspired" techniques and how do they relate to spiritual practice? $30 or $20 students. Call 994-3387; www.jewelheart.org.

The Healing Practice of White Tara at Jewel Heart with Jewel Heart Instructors • Sundays, Sept. 9-30; 1-2:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental, and emotional suffering. $40; supporting members and above no charge. Registration required. Call 994-3387; www.jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation at Jewel Heart with Gehlek Rimpoche • Tuesdays, Sept. 11, 18, 25, Oct. 2, 30, Nov. 6; 7:30-9 p.m. (Nov. 6 will begin at 7 p.m.) • Understanding mind is key to understanding ourselves and the world we live in. On the basis of the Tibetan Buddhist tradition, Gehlek Rimpoche will explore the inner workings of our mind, opening the door to the true nature of reality. $10 or $5 students; supporting members and above no charge. Call 994-3387; www.jewelheart.org.

Study nature, love nature, stay close to nature. It will never fail you.

- Frank Lloyd Wright

Foundation of All Perfections at Jewel Heart with Jewel Heart Instructors • Tuesdays, Oct. 9, 16, 23, Nov. 13, 20, 27; 7:30-9 p.m. (beginning Nov. 13, 7 p.m.) • A concise, poetic map of the spiritual path by Je Tsong Khapa that continues to lay bare the potential of the human heart and mind for us today. $10 or $5 students; supporting members and above no charge. Call 994-3387; www.jewelheart.org.

Themes for Spiritual Awakening at Jewel Heart with Jewel Heart Instructors • Dec. 4, 11; 7-8:30 p.m. • The ancient wisdom of Buddha's teachings provides methods which bring clarity and benefit into our lives today. $10 or $5 students; supporting members and above no charge. Call 994-3387; www.jewelheart.org.

Dharma Discussion and Debate at Jewel Heart • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7-8:30 p.m. • Drawing on the traditional Tibetan Buddhist mode of learning through open debate, Jewel Heart students are invited to join groups of two to five participants to analytically challenge and deepen their relationship with the Dharma. Join us for pizza and discussion. Donations welcome. Call 994-3387; www.jewelheart.org.

Weekly Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Saturdays, Sept. 8-Dec. 29; 9-10 a.m. (No meetings Oct. 27 or Nov. 10) • Help yourself through meditation. Facilitators provide basic guidance during one hour concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Donations welcome. Call 994-3387; www.jewelheart.org.

Karma: Guided Meditation Workshop at Jewel Heart with Jewel Heart Instructors and/or Gehlek Rimpoche • Sept. 29, 10:30 a.m.-12:30 p.m., 2:30-4:30 p.m. • Karma, the law of cause of effect, is a familiar notion to mainstream society. But how does it work? Is it an immutable force that determines our lives? How and when does it affect us, in the short term or in future lives? Do we have any influence on our destiny? This workshop will probe into the depths of karma and attempt to show its characteristics and dynamic principles. All welcome. $35. Registration required. Call 994-3387; www.jewelheart.org.

Compassion and Conflict: Navigating Our Close Relationships with Helen Weingarten at Jewel Heart • Nov. 17, 1-4 p.m. • Often we consider conflict to be between good guys and bad guys; however, some of the most challenging conflicts are between ourselves and those we care for most. Holidays can present excellent opportunities to practice our skills of compassionate conflict resolution. Come discover methods for navigating choppy holiday waters with wisdom and wit! $30. Registration required. Call 994-3387; www.jewelheart.org.

Ceremonies, Rituals, Celebrations & Festivals

Witches' Night Out at Crazy Wisdom • Sept. 25 for Fall Equinox, Oct. 30 for Samhain, Nov. 27, Dec. 18 for Yule; 7 p.m. • Come join us for tea and networking on Witches' Night Out. These evenings will be held in the Crazy Wisdom Tea Room on or around pagan holidays whenever possible. It is a chance to meet others of like mind, drink "Witch Brew tea", and have a great time. No cover. Call Carol or Samantha at 665-2757; samantha@crazywisdom.net.

The Four Seasons Fall Equinox Family Celebration with Hava Jean Delgado and Kelly Clark • Sept. 19, 7-8 p.m. • The Fall Equinox will be celebrated with the reading of *The Legend of Michigan*, a story about the North wind, the element of Fall. The children will set up a celebration table, use dance scarves to imitate the Northern Lights, and interact with wind in kite or parachute activities. The Fall sings with the wind that tosses us about to test our flexibility and willingness to change. Free. Call Hava Jean at 697-1579 or Kelly at 669-0915; hjdraven@aol.com.

The Four Seasons Winter Solstice Family Celebration with Hava Jean Delgado and Kelly Clark • Dec. 19, 7-8 p.m. • The Winter Solstice will be celebrated with the reading of *Mountain Dance*, as Earth is the element for Winter. The children will set up a celebration table and make mountain shapes together with their bodies. Everyone will take a short walk in the woods with flashlights as we sing Winter songs as the Earth calls us into itself. Free. Call Hava Jean at 697-1579 or Kelly at 669-0915; hjdraven@aol.com.

Eucharistic Celebrations with Staff of Visitation, including Rev. Tom Lumpkin, Rev. Charles Morris, and Rev. Jim Scheick • Every first and third Wednesday, 7 p.m. • Come share in this mid-week celebration of Eucharist. Special Liturgy of Remembering on Nov. 21. Christmas Eve caroling at 10:30 p.m. followed by Eucharistic Liturgy at 11 p.m. Free. Call 734-242-5520; visitation@ihmsisters.org.

Advent by Candlelight with Mary McDevitt of Visitation North • Dec. 12, 7:30-9:30 p.m. • An evening of reflection designed for Marygrove Alumni. Together, we will explore how our faith offers us meaning in our society and our Church, which both struggle for Advent hope. $20. Call 248-433-0950; visitationnorth@ihmsisters.org.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 21, 7:30-8:30 p.m. • Gather at 7 p.m. for a Thanksgiving Eve meditation. Veggie potluck follows. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, 6:30-7:30 p.m. • Gather at 6 p.m. for a special meditation celebrating the Christ light and the joy of Christmas. Christmas carols also. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

New Year's Eve Meditation with Lighthouse Center • Dec. 31, 11:30 p.m.-12:30 a.m. • Gather at 11 p.m. for a special meditation to release the old year and bring in the New Year in the highest vibration. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

2007 Fall Equinox Gathering with Shara Lyn El of Solar Spirit • Sept. 22, Noon-2 p.m. • Come celebrate the Equinox in a sacred way. On the Equinox, light and darkness are equal and spirit and matter, heaven and earth, merge. This creates a powerful gateway for transformation and meeting the solar self. $20 suggested love offering. Call 369-6071; sharalynel@comcast.net.

2007 Winter Solstice Gathering with Shara Lyn El of Solar Spirit • Dec. 22, Noon-2 p.m. • Come celebrate the Solstice in a sacred way. During winter Solstice, the divine light impregnates the crystalline core of the earth mother with new life. It is a time when high frequency light codes are given to us in order to expand our awareness and accelerate spiritual growth. During ceremony, open to the joy of receiving to gift of the solar rays emanating through the sun. Receive the divine gift of love. $20 suggested love offering. Call 369-6071; sharalynel@comcast.net.

Year-End Service at Zen Buddhist Temple • Dec. 31, 7 p.m. • Everyone is welcome to join us in this special candlelight-ing service – a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. $10 suggested donation. For those wishing to greet the new year in contemplation and reflection, overnight accommodation is available at the Temple for a $45 donation. Call 761-6520; a2buddha@sbcglobal.net.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2008 (2551 in the Buddhist calendar). For cost, call 761-6520; a2buddha@sbcglobal.net.

Channeling

Evening with Aaron (channeled) with Barbara Brodsky • Sept. 26, 7:30-9:30 p.m.; Oct. 24: Spiritual Practice in Daily Life, 7-8:30 p.m.; Dec. 19: Christmas Stories, 7:30-9:30 p.m. • Aaron gives a talk, followed by a short social break. He will then answer questions. All are welcome. Offered by donation. Call 477-5848; info@deepspring.org.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Channeled information from Spirit about changes we experience as we move towards Ascension, trends and issues that affect us, and teachings to help us all move along our spiritual paths more easily. Bring a dish to share. $10 suggested donation. Call 248-437-7466; euphoria444@aol.com.

An Evening with Jacob with Judy Crookes • Sept. 10, Oc. 1, Nov. 5, Dec. 3; 7:30-9:30 p.m. • Come and spend two hours laughing and learning with Jacob, a being of Light who is a master teacher. Jacob has been channeled by Judy Crookes since 1996. No two evenings are alike. $15. Call 332-4666; gatewayscenter@hotmail.com.

Fall Retreat with Jacob: The Gridwork and the Guides with Judy Crookes • Sept. 14 at 7:30 p.m. through Sept. 16 at 3 p.m. at Windrise Retreat Center • Join our weekend with Jacob as we explore the earth's gridwork and the "new" energy. Learn to communicate with the gridwork guides and expand your mental framework and sentient capacity. Come and touch the gridwork and the world of unseen guides. $250 includes room and board. Call 332-4666; gatewayscenter@hotmail.com.

Meditation with Jacob with Judy Crookes • Oct. 15, Nov. 19, Dec. 17; 7:30-8:30 p.m. • If you have enjoyed a past experience with Jacob, you will surely enjoy this special one hour of meditation. Love offering. Call 332-4666; gatewayscenter@hotmail.com.

Childbirth

BOLD Ann Arbor Red Tent Event with Ann Arbor BirthNetwork Chapter • Sept. 29, Noon-4 p.m. at Kerrytown • Mothers' voices, intimacy, truth ... all under a fabulous red tent! Women will enjoy an opportunity to connect, share birth stories, and be pampered inside the Red Tent with massage, delicious food, henna art, and more. Women, men, and children are invited to enjoy the festivities outside the tent, including live music, tasty snacks, birth stories, exhibit and vendor tables, and children's activities. Free. Call Shannon Byrne at 313-882-9801; info@birthnetwork.org.

Pet Preparation Before Baby Comes at Women's Health Center, St. Joseph Mercy Hospital • Oct. 9, Nov. 13, Dec. 11; 7-9 p.m. • Prepare your pet for your baby's arrival! $20. Call 712-5800; www.sjmercyhealth.org.

Conceiving the Possibility: Should I Have My First Child after Age 30? with Cia Gabriel of Growing Together Life Learning Center • Oct. 13, 9:30 a.m.-4:30 p.m. • For women over the age of 30 who are wondering about having their first child. This day-long workshop is a chance for women to explore their deepest feelings and desires about motherhood, career, and relationship in a guided, nurturing environment. Women may be in relationship or single. A reunion will be planned for 3 months after the workshop. $90. Call 622-8335; cynthia@togrow.org.

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The Crazy Wisdom Calendar

Childbirth (continued)

Support Group for Families Trying to Conceive with Cia Gabriel of Growing Together Life Learning Center • Fridays, 5:30-7:30 p.m. • Studies show that support groups raise conception rates from assisted procedures like IVF from 20 to as high as 54%. This group helps families overcome the stress of regular life and the stress of trying to conceive in a peaceful, mindful way. $750 per couple for ten-week session with sliding scale available. Call 622-8335; cynthia@togrow.org.

Basic Massage for the Childbearing Year Workshop with Kathryn Hannan • Nov. 3, Noon-4 p.m. • Designed for expectant couples interested in learning the benefits of touch during pregnancy. The workshop includes massage techniques as well as postural education, relaxation techniques, and proper lying positions. This class is not designed to prepare the attendee to become a massage therapist. Class size is limited. $75 per couple includes light snack and handouts. Call 332-3800; www.theracaremassagetherapy.com.

Holistic Childbirth Preparation with Center for the Childbearing Year • Seven Tuesdays: Sept. 11-Oct. 23 or Seven Wednesdays: Oct. 3-Nov. 14 or Seven Tuesdays: Nov. 6-Dec. 18; 7-9:15 p.m. • Seven-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic, and other natural therapies included. M-Care insurance reimbursement. $235 per couple with discounts available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care with Center for the Childbearing Year • Sept. 19 and 26, 7-9:30 p.m. or Dec. 12 and 19, 7-9:30 p.m. or Oct. 27, 10 a.m.-3 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, diapering, equipment/furniture recommendations (what's really necessary?), and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $75 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Center for the Childbearing Year • Sept. 20 or Oct. 29 or Nov. 28, 7-9:15 p.m. • This class focuses on those first critical weeks of your baby's life and provides basic information and resources to prepare the mother-to-be for a satisfying breastfeeding experience. M-Care insurance reimbursement. $35 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Combining Work with Breastfeeding with Center for the Childbearing Year • Oct. 15, 10 a.m.-12:30 p.m. • This class focuses on strategies for returning to work. Topics covered include breast pumps, breastmilk storage, wardrobe challenges, and childcare arrangements. Each mother will have the opportunity to work toward a personal plan for her unique work situation. $30. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Advanced Breastfeeding with Center for the Child Bearing Year • Sept. 27 or Nov. 5 or Dec. 5, 7-9:15 p.m. • This class is a continuation of the Breastfeeding Basics class. Topics include: troubleshooting breastfeeding challenges, nutritional needs of the mother, back to work strategies, product review of pumps, and more. Class can be taken before or after your baby is born. M-Care insurance reimbursement. $35 per couple, discounts available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Nurturing the Breastfeeding Mother Support Group with Center for the Childbearing Year • Four Mondays: Nov. 12-Dec. 3, 10:30 a.m.-Noon • Come meet other women who are breastfeeding their babies! This four-week class provides a combination of a nurturing environment and accurate, up-to-date medical information. In addition, each individual mother's concerns are top priority. $60. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Nov. 9-11, 9 a.m.-5:30 p.m. • Become a Professional Birth Doula. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills, and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through DONA International. No previous medical training required. 20.5 Nursing CEUs provided. $365 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Oct. 19-21, 8 a.m.-6:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. 25.5 Nursing CEUs provided. $400 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Introduction to Childbirth with Center for the Childbearing Year • Nov. 3, 9 a.m.-5:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery, and breastfeeding basics. $120 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Home Visits: Adjustment Needs, Depression Screening, and Support Strategies with Center for the Childbearing Year • Sept. 15, 9 a.m.-5 p.m. • This training is designed to help professionals to be more effective in interactions during postpartum visits to enhance their ability to provide services to depressed mothers. Topics include the "myths of motherhood", use of the Edinburgh Postpartum Depression Scale, strategies for providing support, prioritizing needs, mobilization of resources, and creating postpartum care plans. $120 with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Support for Professionals with Center for the Childbearing Year • Oct. 13, 9 a.m.-5 p.m. • This workshop provides grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. 6.0 Nursing CEUs provided. $120 with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

With Women: The Ethics of Informed Consent with Center for the Childbearing Year • Nov. 1, 7-9 p.m. • This panel presentation will explore the dynamics and challenges of informed consent in theory versus informed consent in practice. Professionals from various backgrounds, including academia, childbirth education, nursing, midwifery, and obstetrics, will discuss barriers to true informed consent. We will discuss strategies for overcoming these barriers in order to empower families. This workshop is applicable to all consumers of medical care but will be tailored to issues related to childbirth. 2.0 Nursing CEUs. $20. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Children and Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Sept. 20, Oct. 11, Nov. 15, Dec. 13; 4-5:30 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve up tea, treats, and magic. Storytime at 5 p.m. Call for reservations. $6 per person. Babies 18 months and younger free. Call Samantha at 665-9468; samantha@crazywisdom.net.

The Four Seasons Fall Equinox Family Celebration with Hava Jean Delgado and Kelly Clark • Sept. 19, 7-8 p.m. • The Fall Equinox will be celebrated with the reading of *The Legend of Michigan*, a story about the North wind, the element of Fall. The children will set up a celebration table, use dance scarves to imitate the Northern Lights, and interact with wind in kite or parachute activities. The Fall sings with the wind that tosses us about to test our flexibility and willingness to change. Free. Call Hava Jean at 697-1579 or Kelly at 669-0915; hjdraven@aol.com.

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Preschool Yoga with Sondra O'Donnell of Sun Moon Yoga • Tuesdays, 11-11:45 a.m. • Children discover the beautiful, healthy, peaceful, balanced beings that they are through traditional yoga teachings in the form of stories, games, and songs. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Baby and You! with Gari Stein • Wednesdays, Sept. 12-Dec. 12; 10:45 a.m. • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance your bond with your baby. $125 includes two cds. Call 741-1510; garistein@aol.com.

Sing with Me! with Gari Stein • Tuesdays, Wednesdays or Thursdays, Sept. 11-Dec. 13; 9:15 or 10:45 a.m. • Musical enrichment for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $160-$175 includes four cds. Call 741-1510; garistein@aol.com.

Blue Turtle Nature Awareness and Wilderness Skills Program for Kids with Frank Levey • Four Saturdays: Sept. 29-Oct. 20; 7-10 years old, 9:30 a.m.-Noon; 11-14 years old, 1-3:30 p.m. • In an environment designed to nurture the qualities of cooperation, inclusion, and friendship, this hands-on nature based series of classes will foster the study and development of primitive survival skills. Areas emphasized will include shelter building, water and food gathering, fire and primitive tool making, plant i.d. and use of animal tracking, signs, and habitats. $60, but no one refused admission due to financial constraints. Call 975-4448; franklevey@hotmail.com.

Fall/Winter Dance Session at Tree of Life Cultural Arts Studio • Sept. 17-Dec. 14 • Classes for all ages and levels. $12 drop-in. For complete list of offerings, call Jen Giacomelli at 433-0697; www.treeoflifestudio.org.

Beginners Gymnastics with Emily Anhalt of Mind, Body & Spirit Academe • Saturdays, 1-2 p.m. • A class for younger kids who want to have a fun hour of basic gymnastic techniques. The class will be working on cartwheels, somersaults, hand and headstands. For more advanced kids, backbends and back-walkovers. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Children's Sunday School at Lighthouse Center • First and Third Sundays, 1-2 p.m. • Applying the teachings from *The Seven Spiritual Laws for Parents* by Deepak Chopra. No cost; love offering. Contact sschmitt66@yahoo.com.

Family-Connection (Family, Ages 9 and Up) with Wendy Longmire-Davis • Fridays: Sept. 10-Oct. 19, 6-7 p.m. • Older children will love to watch parents take challenges and be creative in this class. Adults will be energized by new things they learn about their child. Class includes many dance styles and music. For cost, call 546-2016; move.in.2u@hotmail.com.

All Family, My World (Family, Infants to Age 8) with Wendy Longmire-Davis • Mondays: Sept. 10-Oct. 19, 6-7 p.m. • If your child wants to dance but likes to do more than one style, this is the right class for you! Dance of all styles and music from around the world includes ballet, modern, hip-hop, broadway jazz, jazz, country, swing, ballroom, duets/trios, and ethnic. For cost, call 546-2016; move.in.2u@hotmail.com.

All That Dance with Wendy Longmire-Davis • Tuesdays and Thursdays: Sept. 10-Oct. 19, 6-7 p.m. for 6-8 years old; Tuesdays and Thursdays, 5-6 p.m. for 4-5 years old; Tuesdays and Thursdays, 4-5 p.m. for 3-4 years old • If your child wants to dance but likes to do more than one style, this is the right class for you! Dance of all styles and music from around the world includes ballet, modern, hip-hop, broadway jazz, jazz, country, swing, ballroom, duets/trios, and ethnic. For cost, call 546-2016; move.in.2u@hotmail.com.

Creating Modern: All of Me for Ages 9-12 Years Old with Wendy Longmire-Davis • Fridays: Sept. 10-Oct. 19, 5-6 p.m. • This class focuses on intense play using the techniques you already have or are willing to learn. The class will question and challenge performance, working in groups, choreography, knowledge about the body/safe practices, and dance elements. For cost, call 546-2016; move.in.2u@hotmail.com.

2007-08 Season at the Wild Swan Theater • $8 child, $10 adult. Group rate available. Call Michelle at 995-0530; www.wildswantheater.org.
American Short and Tall Tales for Grades K-5 • Oct. 18-20
Coming to America for Grades 2-8 • Nov. 7-10
Charlotte's Web for Grades K-5 • Dec. 12-17

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children, with an animal visit once per month. No cost. For information on presenters, call 662-0600.

Creative Movement Ages 3-5 through Dance Gallery Studio • Sept. 5-Dec. 8; Tuesdays, 10-11 a.m. • An introduction to dance emphasizing imagination, self expression, and developing movement skills. Utilizes music to introduce rhythm and qualities of movement. $162.50 per semester. Contact dancegallerystudio@sbcglobal.net.

Tap for Beginning to Intermediate Ages 3-10+ through Dance Gallery Studio • Sept. 5-Dec. 8; Wednesdays, 4-7:15 p.m. • Develops rhythm, coordination, and appreciation of a very American dance form. Offering four levels for beginners and those with more experience. $143 per semester. Contact dancegallerystudio@sbcglobal.net.

Kids/Youth Martial Arts with International Silat Federation of America • Tuesdays, 6-7 p.m. • Indo/Malay Martial Arts program for youth to develop self-esteem, self control, self awareness, and self defense. First two weeks free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Color Energy

Aura-Soma Level 1: Foundation Class with Victoria Silks • Sept. 8-13 or Oct. 13-18 • The Foundation Level of Aura-Soma color care system developed in England in 1980 includes hands-on experiential work to complement the introduction of the 105 "equilibrium" bottles containing the energies of color and light, flowers, herbs, crystals and gems. Classes good for CEU's from NCBTMB. $650 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 2: Intermediate Class with Victoria Silks • Oct. 20-25 • Level 2 builds upon Level 1 to deepen the understanding of the language of color. It exposes students to the connection between color energy and other wisdom traditions, as well as deepening consultation skills. $650 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Conferences

2nd Annual International Conference on "Engaging the Other: The Power of Compassion" with Common Bond Institute • Oct. 25-28 in Dearborn • An international, multicultural, multidisciplinary conference examining concepts of "The Other" from a universal, cross-cultural perspective to promote wider public dialogue about concepts of "Us" and "Them". Six keynote speakers, six plenary topical panels, 24 concurrent break-out sessions of workshops, lectures, roundtables, and dialogues to engage concepts and explore practical applications. Presenters and guests include Sam Keen, Danny Glover, Muhammed Ali, Stanley Krippner, Aftab Omer, Rabbi Brian Walt, and Geshe Gendun Gyatso. Live E-conference addresses by leading visionaries and links to universities and institutes in the U.S. and various countries to expand an inclusive global dialogue, Tibetan sand mandala ritual gifted from the Dalai Lama, and more. $280-$340 depending on how early you register. Call 269-665-9393; www.cbiworld.org.

Dance & Movement

West African Dance with Dori Edwards and Julie Kouyate of Like Water • Thursdays beginning Sept. 13, 5:30-7 p.m. • This class brings the joy and fitness of West African Dance to town. Open to beginners and intermediates, with live drumming. $15, drop-ins welcome. Call 734-320-2763; dori@likewaterdrumworks.com.

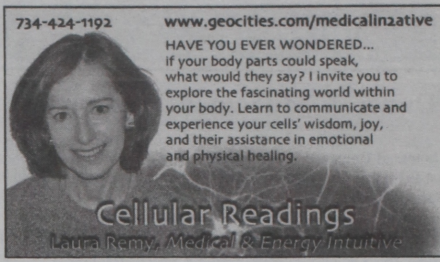
Fall/Winter Dance Session at Tree of Life Cultural Arts Studio • Sept. 17-Dec. 14 • Classes for all ages and levels include West African, Tribal Bellydance, Afro-Modern, Jazz-Hip Hop, Capoeira, Yoga, Ballet, and Tap. $12 drop-in. For complete list of offerings, call Jen Giacomelli at 433-0697; www.treeoflifestudio.org.

Dances of the East at Tree of Life Cultural Arts Studio • Sept. 29 • Tree of Life presents a day of Middle Eastern and East African dance. Join dance instructors from Michigan and Arizona as they share the mysteries and secrets of these 100-year-old exotic dances. All levels welcome. Classes are 75 minutes. $20 per class or $90 for the day. Cost includes 8 p.m. performance. Early registration discount offered. Call 433-0697; www.treeoflifestudio.org.

Barefoot Boogie at Tree of Life Cultural Arts Studio • Sept. 14, Oct. 12, Nov. 9, Dec. 14 (Holiday Boogie) • An evening of socialization with friends, meeting new people, dancing to new grooves and old favorites. Cafe open for organic smoothies, raw juices, organic coffee drinks, and teas. Come let your spirit express itself in an ego-free environment. Free. Call 433-0697; www.treeoflifestudio.org.

Dreaming a Place: Environmental Dance with Irena Nagler • Sept. 23, 3:30-5:30 p.m. • Exploring the sense of place and allowing its elements to speak through us in dance, myth, poetry, and art. Rain or shine, outdoor location with shelter available. No experience necessary. $5-$20 sliding scale. Call 996-1772; birena@umich.edu.

Dancing in Masks: Dream Improvisation with Irena Nagler • Nov. 18, 3:30-5:30 p.m. • Bring forth hidden aspects and dreams, while extending range of dance movement and exploring shapeshifting lore. Masks provided, or bring your own. After-party with world music. No experience necessary. $5-$20 sliding scale. Call 996-1772; birena@umich.edu.



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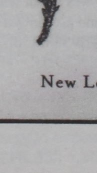
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The Crazy Wisdom Calendar

Dance & Movement (continued)

Dances of Universal Peace with Sylvia and John Middlebrooks at Friends Meeting House • 1st Friday of each month, 7 p.m.-9 p.m. • All are invited to join this circle of prayer in motion. Sacred songs and chants enveloped in a simple, yet profound circle dance form. The words may be in Arabic, Sanskrit, or Hebrew, or Aramaic, or English; but the message is one of love, harmony, beauty, peace, and unity. The dances help us to touch the spiritual essence within ourselves and each other. Music and movements taught for each dance. Free. Call 996-1332; smidd@comcast.net.

Continuum Movement Workshop: The Body as Teacher – Exploring Our Humanity with Robin Becker • Nov. 9-11 • In this time of so much speed, it is imperative to slow down and listen with reverence to the voice of the body. Through the sensations of the body, we experience life and the roots of compassion and empathy. When we lose relationship with our bodies, our engagement and relationship with the larger world is diminished. Continuum Movement is safe for all mobility levels and offers a process in which to explore the message of sensation through the resonance of fluid systems in the body. NCBTMB credit available. $40 for Friday only. $250 for Friday-Sunday or $225 for Saturday and Sunday. For times, contact elaine_economou@hotmail.com.

> Art is not about thinking something up. It is the opposite -- getting something down.
>
> - Julia Cameron

Belly Dance Basics with Klouise and Mesmeric Contemporary Belly Dance Company • Oct. 1-Dec. 1 • Learn the fundamentals of belly dance with a strong emphasis on muscle isolation, body balance, and layering. $60 for six weeks. Call 419-280-3674; theplacetoledo@yahoo.com.

Authentic Movement Workshop with Stefanie Cohen of Moving Stories • Oct. 20, 11 a.m.-5 p.m. • Authentic Movement is a contemplative movement practice in which the mover closes her/his eyes, listens deeply to the body's inspiration to move, and allows her/himself to follow its lead. As we practice moving and witnessing one another, we will create a safe, respectful space in which to explore. The workshop will serve as an introduction to Authentic Movement or a way to deepen the practice for those with experience. $75. Call 665-8798; stefanieco@hotmail.com.

Authentic Movement Eight-Week Group facilitated by Stefanie Cohen of Moving Stories • Mondays: Oct. 29-Dec. 10, 6:30-9 p.m. • Authentic Movement is a contemplative movement practice in which the mover closes her/his eyes, listens deeply to the body's inspiration to move, and allows her/himself to follow its lead. This eight-week group will give participants an opportunity to work deeply with a consistent group of peers. As we practice moving and witnessing one another, we will create a safe, respectful space in which to explore. $175-$215 sliding scale. Call 665-8798; stefanieco@hotmail.com.

Authentic Movement Workshop for Psychotherapists and Physical Healers with Stefanie Cohen of Moving Stories • Sept. 22, 11 a.m.-5 p.m. • Authentic Movement is a contemplative movement practice in which the mover closes her/his eyes, listens deeply to the body's inspiration to move, and allows her/himself to follow its lead. Eyes-open witnesses track their own response to the moving session and both share from their experience of the images, sensations, and emotions that have arisen from the body. The workshop will serve as an introduction to this practice for therapists and healers. $75. Call 665-8798; stefanieco@hotmail.com.

Heart to Sole: Couples Movement and Massage Workshop with Robin Okun and Rachel Egherman • Nov. 3, 1-3:30 p.m. • Robin will guide you and your partner to dance and move freely in joyful and loving ways. Rachel will teach you how to give your partner a relaxing foot massage that will keep you dancing and moving together for years! $145 or $125 with early registration. Call Rachel at 834-3223 or Robin at 395-2624; nia@mindfulmovement4u.com.

Nia Technique with Robin Okun • Sundays, 10 a.m.; Mondays, 9:30 a.m. and 5:45 p.m.; Tuesdays, 8:30 a.m.; Wednesdays, 8:30 a.m.; Thursdays, 8:30 a.m. and 5:45 p.m.; Fridays, 9:30 a.m. • Mind body spirit fitness at its best blends dance, martial arts, and yoga for a high-powered, energizing, and fun workout. Free introductory class. $15 drop-in. $90 monthly for two classes per week. Call 395-2624; nia@mindfulmovement4u.com.

Shen Wei Dance Arts: Second Visit to the Empress through University Musical Society • Sept. 28-29, 8 p.m.; Sept. 30, 4 p.m. • UMS's 07/08 season opens with a work that breaks boundaries, both artificial and real. This is an epochal, exotic pageant of dance and theatrical arts that features four world-class Chinese opera singers and ten musicians performing alongside seven dancers. $20-$48. Call 764-2538; umstix@umich.edu.

Cudamani: Odalan Bali through University Musical Society • Oct. 19, 8 p.m. • The Balinese music and dance ensemble Cudamani makes its UMS debut with Odalan Bali, a production that traces the life of an odalan, or temple ceremony, and provides a unique window into the spiritual and cultural source of Balinese performing arts. $10-$38. Call 764-2538; umstix@umich.edu.

Hubbard Street Dance Chicago through University Musical Society • Oct. 25-27, 8 p.m. • Jim Vincent leads this innovative and exciting American dance company that presents sophisticated work by both American and international choreographers with an energy that literally jumps off the stage and into the audience. $20-$48. Call 764-2538; umstix@umich.edu.

Beginners Jazz/Lyrical Dance with Emily Anhalt of Mind, Body & Spirit Academe • Tuesdays or Wednesdays, 7-8 p.m. • An introduction to jazz and lyrical dancing with basic concepts being taught and practiced. The class will consist of stretching, across-the-floor progressions, and short routines that the students will learn and perform. This class is appropriate for anyone wanting to learn, or just strengthen the basics. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Intermediate Jazz/Lyrical Dance with Emily Anhalt of Mind, Body & Spirit Academe • Tuesdays or Wednesdays, 8-9 p.m. • A jazz class for the more experienced dancer, geared toward students who already know the basics and would like to learn more advanced moves, strengthening their technique. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Advanced Jazz/Lyrical Dance with Emily Anhalt of Mind, Body & Spirit Academe • Tuesdays or Wednesdays, 9-10 p.m. • A jazz class for students with a substantial amount of dance experience. Students will work on advanced "tricks" and turns as well as short routines. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Turns and Techniques with Emily Anhalt of Mind, Body & Spirit Academe • Saturdays, Noon-1 p.m. • A class working solely on turns and leap. This is a great class for students who want to practice basic turns and leaps as well as learning new and more complicated ones. Students should have some dance experience. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Choreography 101 with Emily Anhalt of Mind, Body & Spirit Academe • Saturdays, 11 a.m.-Noon • This class is for anyone who is interested in spending an hour or two learning choreography techniques and exercises, and making up and performing their own dance routines. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Strengthen and Stretch with Emily Anhalt of Mind, Body & Spirit Academe • Beginners: Sundays, 11 a.m.-Noon or Mondays, 2-3 p.m. and 6-7 p.m.; Advanced: Sundays, Noon-1 p.m. • This class is for those who want to improve their strength and flexibility. It includes a large range of activities, working on the strengths that are most key to being a dancer, as well as flexibility. For cost, call Sarah or Barb at 994-5599; info@mbsacademe.com.

Dance Workout for Adults with Wendy Longmire-Davis • Fridays: Sept. 10-Oct. 19, 7-8 p.m. • This is a class for everyone who wants to move to great music and get a good workout. The class will include a focus on flexibility, muscle strength, muscle endurance, and cardio. Dance to all types of music and enjoy many styles of dance. For cost, call 546-2016; move.in.2u@hotmail.com.

Family-Connection (Family, Ages 9 and Up) with Wendy Longmire-Davis • Fridays: Sept. 10-Oct. 19, 6-7 p.m. • Older children will love to watch parents take challenges and be creative in this class. Adults will be energized by new things they learn about their child. Class includes many dance styles and music. For cost, call 546-2016; move.in.2u@hotmail.com.

Ballet Classes through Dance Gallery Studio • Sept. 5-Dec. 8; Beginners: Tuesdays, Noon-1:30 or Thursdays 6:45-8:15 p.m.; Intermediate: Mondays, Wednesdays or Fridays, Noon-1:30 • Beginning class for students with little or no previous ballet experience who are interested in becoming familiar with ballet technique at the barre, in the center, and across the floor. Intermediate focuses on ballet technique while giving the student a full body workout. $195 per semester; $90 for six classes; $500 for all classes; $16 drop-in. Contact dancegallerystudio@sbcglobal.net.

Nia Classes through Dance Gallery Studio • Sept. 5-Dec. 8; Tuesdays, 10-11 a.m. • A body mind, spirit fitness and lifestyle practice. Through expressive movement to music, Nia is based on dance, martial arts, and healing arts to achieve physical, mental, emotional, and spiritual well being. $162.50 per semester; $90 for six classes; $500 for all classes; $14 drop-in. Contact dancegallerystudio@sbcglobal.net.

Death & Dying

Five Months to Live: Making Friends with Death with David Lawson of Deep Spring Center • Saturdays: Sept. 8, 15, 29, Oct. 20, Nov. 10, 17, Jan. 5, 12, 19, Feb. 9; 10 a.m.-Noon • Because we are afraid to die, we are also afraid to be fully alive. In this course, we will explor ways to bring our fears of aging and dying out into the clear light of awareness, where they can b befriended and released. We will learn the skillful use of powerful Buddhist Maranasati (awarenes of death) meditation practices. This course can be taken as an experiment in living as if only fiv months remained in one's life. $70 building fee with optional offering to teacher. Call 477-584 or 662-8317; www.deepspring.org.

Divorce

Life After Divorce: A Support and Coaching Group for Divorced Women with M. Brad Mikusko • Four evenings in October and November to be determined • Divorce rocks the ver foundation of our being, and yet many of us survive it only to be surprised that the months aft legal divorce are shockingly difficult. It is almost always a confusing, stressful, chaotic time of lif This course will help each participant regroup and restore their sense of Self and help clarify th next steps in their life. $175 for four sessions. Call 747-8240; bradymikusko@ameritech.net.

Self-Care During Holidays: A Practical Workshop for Divorcing and Recently Divorce Women with M. Brady Mikusko • Dec. 3 or Dec. 6, 6-9 p.m. • While others eagerly anticipa the holidays, your world is collapsing around you with feelings of panic, fear, dread, and sadnes Divorcing is one of the most serious, life-altering events, so it is understandable and expected th the holiday season will increase your stress exponentially. This workshop will give you very re and powerful ways to navigate the season. $85. Call 747-8240; bradymikusko@ameritech.net

Dreams

Workshop on the Analysis of Dreams with Rebecca Mullen • Mondays, 7-9 p.m. • Sharing of dreams, exploring their meaning, and enhancing self-knowledge. Donations accepted. Call 662-5925.

Drumming

Drummunity Circle at Crazy Wisdom Community Room with Lori Fithian • Sept. 18, Oct. 16, Nov. 20, Dec. 12; 7-9 p.m at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

West African Drum Class with Ryan Edwards • Thursdays, 7:15-8:45 p.m. beginning Sept. 13 • Explore ritual and popular music of the Malinke and Susu people of West Africa. Classes cover the feel, technique, and repertoire involved in jamming African-style. All abilities welcome to this fun and ego-free setting. $10. Call 475-3158; likewaterdrumworks@hotmail.com.

Fall/Winter Session at Tree of Life Cultural Arts Studio • Sept. 17-Dec. 14 • Drumming classes offered. $12 drop-in. For complete list of offerings, call Jen Giacomelli at 433-0697; www.treeoflifestudio.org.

Drumming Circle with Gail Tola and Sally Gabany of Visitation • Second Friday of each month, 7-9 p.m. • Awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. $10-$20 per session. Call 734-242-5520; visitation@ihmsisters.org.

Sacred Drum Circle: Vibrations through BODY-MIND-SPIRIT • Sept. 23, Oct. 28, Nov. 25, Dec. 23; 4 p.m. • Open, free-form rhythm and drumming. $5-$10 love offering. Call 945-8602; staff@bmswc.com.

Eating, Nutrition & Food Medicine

Reading Food Labels with Shannon Dicks through People's Food Co-op • Sept. 24, 7-8:30 p.m. • Confused by mysterious sounding ingredients? Befuddled by % daily values? Come learn how to decipher food labels and find the information you really need to make sound choices for your diet and health. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Looking Beyond Anti-Depressants with Judy Stone • Dec. 11, 7-8 p.m. • Psychiatric drugs have become the major tool for treating depression, yet at least half of the people with depression or bi-polar disorder experience little or no relief. Many others simply can't stand the side effects. Environmental and lifestyle factors or two areas we can alter and control to address mood disorders. There are multiple ways to address underlying causes of depression and find some relief. Free. Call Whole Foods to register at 975-4500.

Chronic Bowel and Digestive Problems with Judy Stone • Nov. 13, 7-8 p.m. • Ouch! Eating shouldn't hurt. If it does, come find out why you may be having difficulty digesting. If your digestion and elimination isn't what it should be, your useable nutrition isn't either, which lead to organs and systems not functioning optimally. Learn about how to stop this vicious cycle. Free. Call Whole Foods to register at 975-4500.

Fibromyalgia and Other Chronic Pain with Judy Stone • Oct. 16, 7-8 p.m. • You don't need to be in constant pain. Pain is your body's way of telling you something's out of balance, not that you have a pain-killer deficiency. Come find out how you can reverse the cycle of pain and get back your life! Free. Call Whole Foods to register at 975-4500.

Keeping Your Kids Sane, Smart, and Sweet with Judy Stone • Sept. 18, 7-8 p.m. • Do you want kids who can think clearly, are easy to get along with, do well in school, don't catch every bug that goes around, and won't get sent to the guidance counselor to be screened for psychiatric drugs? Then you'll want to be at this talk! Free. Call Whole Foods to register at 975-4500.

Simple Tools to Help You Eat with Healthy Intention with Lola Kern • Sept. 20, Oct. 18, Nov. 15; 7-8 p.m. • "I know how I should eat" or "I know what to do to eat healthier but I just can't seem to do it!" If these statements describe your struggles with making healthier food choices, then this class is for you. Come find out how the 12 Internal Energy Plus Postures can help you empower yourself to make healthy choices. $20. Call 646-7395; harmonyiep@comcast.net.

Health 101 with Don Bennett • Sept. 16, 9 a.m.-5 p.m. • Take charge of your health in this all-day workshop as you learn the diet best suited for all humans, and how to live to your health and longevity potentials. Separate fact from fiction, learn about how to avoid dependence on therapies, and the misconception of "healing foods". Learn about what doctors aren't telling you and the misleading things industries are telling you. $129 includes two textbooks, course manual, and food. Call Ellen Livingston at 995-0875; ellen.livingston@sbcglobal.net.

An Oxygenated Body is a Healthy Body: Raw Foods with Michael Dwyer sponsored by People's Food Co-op • Sept. 6, 7-8:30 p.m. at Crazy Wisdom Community Room • Normal cholesterol, normal blood pressure, normal blood sugar levels, and more – are these things that interest you? Come learn how eating raw food can oxygenate your body and help it to heal itself and return to normal. We'll sample a number of raw food dishes and see how easy and delicious raw food living can be as we prepare a raw pesto dish with no cooked ingredients. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Lick the Sugar Habit with Darren Schmidt sponsored by People's Food Co-op • Oct. 10, 7-8:30 p.m. at Crazy Wisdom Community Room • 100 years ago, the average American ate six pounds of sugar per year. Now, we eat 210 pounds of sugar per year. Are you caught up in this white plague? We will explore the biggest health concern in this country, its impact on our bodies, and techniques to avoid sugar in the diet. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Kick the Sugar Habit with Michael Dwyer sponsored by People's Food Co-op • Nov. 1, 7-8:30 p.m. at Crazy Wisdom Community Room • Imagine eating fudge balls, banana cream pie, and chocolate chip mint ice cream while losing weight and balancing your body chemistry. You can be free of white sugar and artificial ingredients while still satisfying your sweet tooth. Together, we'll make several tasty treats you can feel good about, with uncooked, unprocessed ingredients and raw, natural, sugarcane-free sweeteners. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Dining Out with Darren Schmidt sponsored by People's Food Co-op • Dec. 17, 7-8:30 p.m. at Crazy Wisdom Community Room • Eating on the run? Trying to stay healthy at the same time? Join us for a discussion of how to navigate restaurant menus to find the most nutritious choices to give you energy and keep your body in good health. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Energy Work

The Sedona Method with Lorraine Coburn • Oct. 17, 7-9 p.m. at Crazy Wisdom Community Room • In two hours, you can learn how to quickly and easily release negative emotions with the Sedona Method. Hale Dwoskin, author of *The Sedona Method*, is featured in the movie, "The Secret". Free. Call 677-6644.

Learn the Emotional Freedom Technique: A Powerful Tool to Release Blockages and Create More Joy in Your Life with Melanie Fuscaldo • Part 1: Oct. 9, Part 2: Oct. 16; 11-12:30 • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Systemic Healing Rituals: A Healing Constellation Experience with Jeanett De Muir • Oct. 27, 1-5 p.m. • Heal your family; heal your ancestors. Transgenerational healing frees you from negative influences. Heal your family pain and soul. $50 or $45 prepaid. Call 313-875-2127; juanitaswan@yahoo.com.

Energy Healing Practice Group • Every Second and Fourth Monday, 6:30 p.m. • Refine your healing skills and enhance your sensitivity by meeting with others for regular practice. This is an intermediate level group. No instruction provided. Multiple forms of hands-on energy welcome. Free. Call Karlin Danielsen at 332-3430.

Understanding Energy Centers with Wasentha Young • Oct. 29, 7:15-8:30 p.m. • The Central Channel of the body houses the major energy centers. This "Small Circulation of Chi" orbits the body, connecting all the centers. Through visualization, touch, and breathing techniques, this session will introduce, explore their fundamental qualities, and make tangible for participants this essential energy flow. $20. Call 741-0695; www.peacefuldragonschool.com.

Chi-Do with Wasentha Young • Nov. 26, 7:15-8:30 p.m. • Putting together Chinese Yoga stretches (qigong), potent Acu-points (to help relieve stress related tension), dynamic movements of the 8 Ways (8 images and movements), and meditation, this session will leave you relaxed and with a sense of well being. The intention underlying the combination of these health arts is to relax the muscles and open the joints. Along with quieting the mind, this will offer an awareness and expansion of the mind and body that is practical for any busy lifestyle. $20. Call 741-0695; www.peacefuldragonschool.com.

Exercise & Fitness

Exercise and Fitness Classes at Women's Health Center, St. Joseph Mercy Hospital • Sept. 10-Oct. 22 • Times vary. For complete event listing, call 712-5800; www.sjmercyhealth.org.

Exhibits

Out of the Ordinary/Extraordinary: Contemporary Japanese Photography through the University of Michigan Museum of Art Off/Site • Through Sept. 16 • This exhibition of works by 11 photographers, most of whom are unknown to North American audiences, challenges conventional Western assumptions about Japanese aesthetics and culture. Free. Call Stephanie Reike at 647-0524; srieke@umich.edu.

Persian Visions: Contemporary Photography from Iran through the University of Michigan Museum of Art Off/Site • Sept. 29-Dec. 30 • The first survey of contemporary Iranian photography to be presented in the U.S., Persian Visions introduces the work of 20 exceptionally talented artists. Their work forcefully undermines Western stereotypes of a much-mythologized and misunderstood culture. Free. Call Stephanie Reike at 647-0524; srieke@umich.edu.

Feng Shui

Improve Your Life through Feng Shui with Marie Schoonover • Nov. 11, Noon-2 • Feng Shui is the ancient Chinese art of balancing the chi, or life force energy, in a space by mindful design. By balancing chi, a practitioner can expect to feel more grounded, approach life with more energy, help relieve stress, and attract prosperity. This class will provide the student with a simple overview to apply this information in all areas of their lives. $35. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

First Aid

Family and Friends First Aid for Children at Women's Health Center, St. Joseph Mercy Hospital • Sept. 27, Oct. 25; 6-9 p.m. • A basic first aid AHA class for community members aged 16 and over, with limited or no medical training. This course does not meet the requirements for a credential in first aid training. $38. Call 712-5800; www.sjmercyhealth.org.

CPR for Family and Friends at Women's Health Center, St. Joseph Mercy Hospital • Call for dates and times • AHA class for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies. This course does not meet the requirements for a credential in CPR. $38. Call 712-5800; www.sjmercyhealth.org.

The Crazy Wisdom Calendar

Flower Essences

Focus with Merri Walters • Sept. 24, 12:30-4:30 • In our fast-paced culture, focus is crucial for us to remain grounded and productive. In this class, you will learn how flower essences can support your daily journey of staying physically, emotionally, and spiritually focused. $150 or $125 pre-registered. Call Wendy Mauntel at 810-772-1990; sacredessences@comcast.net.

Abundance and Gratitude with Merri Walters • Oct. 21, 12:30-4:30 • In this class, you will learn how flower essences can support you in healing physical, emotional, and spiritual patterns that get in the way of living a life of abundance and gratitude. $150 or $125 pre-registered. Call Wendy Mauntel at 810-772-1990; sacredessences@comcast.net.

Essentially Fluless with Merri Walters • Nov. 10, 12:30-4:30 • No one wants to have the flu, yet many people experience the discomforts of this illness each year. Come and learn about flower essences and a multitude of other holistic remedies to help you and your loved ones minimize the effects of the flu. $150 or $125 pre-registered. Call Wendy Mauntel at 810-772-1990; sacredessences@comcast.net.

Fundraisers

Zen Buddhist Temple's Famous Annual Great Green Recycling Yard Sale • Sept. 1-3; Saturday 9 a.m.-5 p.m., Sunday Noon-5 p.m., Monday 9 a.m.-5 p.m. • Once again, we will focus on furniture – couches, love seats, chairs, desks, chests of drawers, and tables – as well as books and other household items. And because this year we have access to extra indoor storage space, the sale will be bigger than ever! Our members clean and repair all items. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. While we concentrate on the sturdily useful, you never know what exciting bit of treasure you may find. Contact a2buddha@sbcglobal.net.

Healing Touch

Healing Touch with Great Lakes Center for Healing Touch Clinic • Tuesdays, 6-9 p.m. • Experience the restorative effects of Healing Touch, an energy-based therapy using light touch to clear, energize, and balance the human energy field, facilitating improvement in physical, emotional, mental, and spiritual well being. $25. Call Charlene Hatlen at 332-9332.

Herbs, Plants & the Garden

Herbal Wisdom: Nourishing and Medicinal Herbs with Linda Diane Feldt sponsored by People's Food Coop • Sept. 20, 7-8:30 p.m. at Crazy Wisdom Community Room • You'll learn how herbs are used, the different mechanisms of action, safe and effective preparations, and when it isn't okay to self-prescribe. This is the essential basic beginning herb class for everyone who would like to add herbs to their healing talents or if you have questions about when and how to use herbs. Free. Call 994-4589; info@peoplesfood.coop.

> You know quite well, deep within you, that there is only a single magic, a single power, a single salvation...and that is called loving. Well, then, love your suffering. Do not resist it, do not flee from it. It is your aversion that hurts, nothing else.
>
> - Hermann Hesse

Herbal Wisdom: Integrating Herbs with Conventional Medicine with Linda Diane Feldt sponsored by People's Food Coop • Oct. 25, 7-8:30 p.m. at Crazy Wisdom Community Room • What herbs interact with drugs and what are some ways herbs can help conventional treatments? A great workshop for conventional practitioners as well as consumers. Why not use the best of both worlds? Free. Call 994-4589; info@peoplesfood.coop.

Herbal Wisdom: Herbs and Life Threatening Illness with Linda Diane Feldt sponsored by People's Food Coop • Nov. 15, 7-8:30 p.m. at Crazy Wisdom Community Room • How to sort through the hype, what sorts of evidence should be required? We will discuss case studies of what works and the role of nourishing herbs that strengthen systems of the body. Free. Call 994-4589; info@peoplesfood.coop.

Herbal Wisdom: Herbs in Ritual and Spiritual Practice with Linda Diane Feldt sponsored by People's Food Coop • Dec. 20, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn the history and practical role herbs have had in religious rites, protection, and magic. We'll include practical and traditional uses you can incorporate into your spiritual practice. Free. Call 994-4589; info@peoplesfood.coop.

Sacred Plant Medicine with Mary Light • Sept. 9, 9:30-4:30 • Using meditative processes, ceremony, body postures, and imagery, we will explore the connection of consciousness between people and plants for healing, in a setting of a medicine wheel, meadows, and woodland. $95. Contact gaiacenter@sbcglobal.net.

Making Plant Medicines for Winter Health with Mary Light • Oct. 7, 9:30-4:30 • We will learn about and make to take home various formulas to keep winter illnesses to a minimum while providing comfort and strengthening key body systems for optimum health. $95. Call Gaia Center at 769-7794; www.gaiahealingarts.org.

Holistic Health

Natural Therapies for Allergies and Asthma with Diana Christoff Quinn sponsored by People's Food Coop • Sept. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Fall allergy season is in full swing, and this class will address approaches to reducing symptoms. Discussion will include the connection between allergies and asthma, and nutritional and herbal approaches to allergy management for adults and children. Free. Call 994-4589; info@peoplesfood.coop.

Breast Health and Breast Cancer Prevention with Diana Christoff Quinn sponsored by People's Food Coop • Oct. 2, 7-8:30 p.m. at Crazy Wisdom Community Room • October is Breast Cancer Awareness Month. We will cover risk factors for breast cancer and ways to reduce risk, with a focus on prevention and early diagnosis. Participants will also learn about conventional and integrative approaches to treatment. Free. Call 994-4589; info@peoplesfood.coop.

Anthroposophic Inpatient Therapeutic Sessions with Dr. Molly McMullen-Laird and Dr. Quentin McMullen through Rudolf Steiner Health Center • Sept. 23-Oct. 14 or Nov. 4-18 • Anthroposophic medical care, nursing care, artistic therapies, and dietary measures. Treatment includes eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, and rhythmical massage for treatment of chronic illness. For details, call 663-4365; rshc@earthlink.net.

Free Lecture Series with Dr. Shannon Dicks and/or Dr. Darren Schmidt of Nutritional Healing Center of Ann Arbor • 7-8 p.m. • Sept. 5: Cut chronic pain out of your life; Sept. 12: Allergies and asthma arrested; Sept. 17: Stress and fatigue; Sept. 26: Lick the sugar habit; Oct. 4: Detoxify; Oct. 17: Get the energy to enjoy your life; Oct. 24: Heartburn and digestive problems; Nov. 1: Dining out; Nov. 6: Lick the sugar habit; Nov. 14: Reading food labels; Nov. 28: Depression resolution; Dec. 5: Get the energy to enjoy your life; Dec. 12: Relief from arthritis. Free. Call 302-7575; www.thenutritionalhealingcenter.com.

Nutritional Support in the Fight Against Cancer with The Connecting Bridge and The Sanctuary in Livonia • Sept. 14, 7-9 p.m. • Groundbreaking research revealed in helping to heal cancer. The miracles of paw paw – giving drug companies a run for their money! $10. Call Anne Duffy at 734-765-5830; theconnectingbridge@yahoo.com.

Healthy Cooking Classes at Women's Health Center, St. Joseph Mercy Hospital • Sept. 17-Dec. 10, 5:30 p.m. • Choose from an array of healthy cooking classes taught by registered dieticians who are culinary specialists, including ethnic cuisine. $35. Call 712-5800; www.sjmercyhealth.org.

Cancer Prevention Cooking Classes Series at Women's Health Center, St. Joseph Mercy Hospital • Sept. 19-Nov. 7 or Nov. 14-Jan. 23, 11 a.m.-12:30 p.m. • Get on the right track to healthy eating with cooking demonstrations, tasting, and nutrition presentations. Free. Call 712-5800; www.sjmercyhealth.org.

Healer, Heal Thyself Retreat in Sedona with Karlta Zarley • Oct. 25-28 • Healers come from all walks of life. This retreat will give us a chance to hike the red rock vortexes, take time for our own healing, and reconnect with ourselves and the Divine. There will be five group sessions involving easy hiking, personal and small group exercises, meditation, and ritual. We will meet in Phoenix and drive to Sedona. $770 includes retreat, travel between Phoenix and Sedona, and three nights lodging for single room. $650 for double room. Call 433-9333.

Post-Traumatic Stress Disorder: Knowledge and Healing Lecture with Karen Jones through Interfaith Center for Spiritual Growth • Oct. 25, 7-8:30 p.m. • Karen Jones will translate a complex subject, PTSD, into understandable pieces that will be both thought-provoking and healing. As the daughter of a WWII veteran with PTSD, Karen will share insights and knowledge about how to live with and heal from this disorder. You will grasp the significance of how neuroscience is exploding with new knowledge on how an individual can help the brain heal from trauma. $10 suggested donation. Call 260-3136 after 6 p.m.; joneskg05@yahoo.com.

Turning Darkness Into Light with Sara Schreiber • Oct. 15, 6:30-9 p.m. at Crazy Wisdom Community Room • Exercises, meditation using improvisation and psychodrama, and drama therapy geared toward people with auto-immune disease, specializing in cancer. The work is extrapolated from *Turning Darkness Into Light: A Personal Story – Living with Cancer*. $45. Call 662-1450.

Light and Sound Therapy with George Aboud • Dec. 11, 7-8 p.m. • This class will introduce you to one of the most successful new technologies for increasing focus and reducing stress. It is especially effective for the aspiring athlete, students or anyone having difficulty staying focused as well as those wih ADD, depression or anxiety. Learn about the history and research that supports this remarkable healing tool and how you can improve your life now. $15. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Homeopathy

Homeopathy from the Inside Out: Delving Deeper Into the Art and Science of Homeopathy with Diana Christoff Quinn • Dec. 1, 10 a.m.-3 p.m. • We will expand on fundamentals of homeopathic remedy selection and dosing, discussing techniques using the Materia Medica and Repertory. We will explore central themes and archetypes in homeopathy, delving into miasm and remedy families. We will discuss taking cases, drawing on the work of classical and contemporary masters. $75. Call 769-4981.

Hypnosis

Hypnotherapy: A Formula for Lasting Change with George Aboud • Nov. 6, 7-8 p.m. • Curious about hypnotherapy and need help with breaking a habit but are concerned about losing control? This brief overview will review the history of hypnotherapy, show how it works, provide examples of success stories, and demonstrate that you are always in charge. Great for smoking cessation or weight loss. $15. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Infant Massage

Infant Massage Workshop with Ann Zalek • Four Thursdays: Oct. 18, 25, Nov. 1, 8; 10-11 a.m. • Parents enjoy learning to massage their babies to promote bonding and attachment. We will share eye-to-eye contact, skin-to-skin contact, facial expressions, soothing sounds, cuddling, and smell. New strokes are introduced each class so babies are not over stimulated. $75 per family. Call 332-3800; www.theracaremassagetherapy.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and third Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary, although a sign-up sheet is available. Call Marcella at 734-717-8513.

> A friend is one before whom I may think aloud.
>
> \- Ralph Waldo Emerson

Life Circle: Psychic Development and Energy Group with William LeTourneau and Gregory Velzy • Sept. 26, Oct. 24, Nov. 28, Dec. 19; 7-9:30 p.m. at Crazy Wisdom Community Room • The facilitator will set intention, lead grounding exercises (meditation, chanting, drumming, etc.), to spiritually align participants. There will be opportunity to exchange healing, energy work, manifestation techniques, and in-depth spiritual discussion. This will be an ideal opportunity for people to gather, clean out the day's energy, and become part of a sacred space. $10. Call 412-708-1831; temperancespiritart@comcast.net.

In-Genius: Accessing and Applying Intuition with Diane Evans • Sept. 18 or Oct. 3; 7:30-9 p.m. • This presentation and demonstration will explain how intuition training, psychic development, self healing, and personal growth are all integrally connected. Experience how our natural abilities can be accessed and applied in safe, fun, and beneficial ways so that we can change and enhance our personal and professional lives. Registration required. $15. Call 327-9568; in-genius@comcast.net.

Foundations in Psychic Development II: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander • Oct. 11, 9 a.m.-6 p.m. and Oct. 12, 9 a.m.-3 p.m. • In this two-day workshop, we will develop a deep understanding of how we use our aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance. We then become able to create our reality less and less through resistance to another, and more from our own spiritual fuel. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Saturday, 9 a.m.-6 p.m. and Sunday, 9 a.m.-3 p.m. with dates to be determined • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others, and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development IV: Channeling with John Friedlander • Saturday, 9 a.m.-6 p.m. and Sunday, 9 a.m.-3 p.m. with dates to be determined • Learn the clairvoyant mechanics of skillful channeling, how to prepare your space for channeling by running an ever clearer white light vibration while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Sept. 29-30, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $189 with early payment and multiple discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Nov. 3-4, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Dates to be determined • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. For dates and times, call 663-9724; intuitivehealth@aol.com.

Love & Relationships

Marriage Preparation: Communication and Conflict Management with Mary Stevens • Sept. 22, 10-11:30 • Learn the basic tools of communicating your thoughts, feelings, needs, and wants to the most important person in your life – your partner. $50 with discount for multiple class registration. Call 794-9989; life_cycles@comcast.net.

Marriage Preparation: Negotiating New Boundaries with Mary Stevens • Sept. 29, 10-11:30 • Determine your marriage's balance of separateness and togetherness, create a healthy boundary around your marriage, define relationships with family and friends, and learn how to manage these challenges of early marriage. $50 with discount for multiple class registration. Call 794-9989; life_cycles@comcast.net.

Marriage Preparation: Sexual and Emotional Intimacy with Mary Stevens • Oct. 6, 10-11:30 • How do we create an environment that nurtures intimacy in our everyday life? How do we learn to communicate our sexual and emotional needs in a manner most likely to get them met? This workshop helps couples create the building blocks for intimacy. $50 with discount for multiple class registration. Call 794-9989; life_cycles@comcast.net.

Marriage Preparation: Joining Your Finances with Mary Stevens • Oct. 13, 10-11:30 • This workshop helps you and your partner understand your relationship to money and its many covert meanings. Concrete steps toward building a solid financial future together are outlined, with guidelines to help you resolve financial conflicts. $50 with discount for multiple class registration. Call 794-9989; life_cycles@comcast.net.

Mindful Couples: A Spiritual Approach to Intimate Relating with Sheree Johnson • Sept. 25, 7 p.m. • This is an introductory workshop for couples who desire to bring more joy and happiness into their relationships. Some of the subjects that will be introduced include skillful thinking, skillful speech, and skillful mindfulness. Free. Call 929-0367; gcitaa@aol.com.

An Introduction to Sacred Sexuality for Couples with Sheree Johnson • Nov. 20, 7 p.m. • This is an introductory workshop for couples who are interested in cultivating their relationship through the principles of sacred sexuality. Free. Call 929-0367; gcitaa@aol.com.

Building a Better Relationship with M. Brady Mikusko • Oct. 5, 7-9 p.m. • Most people think that when they find "the one", they can concentrate on the rest of their life: setting up a home, education, jobs, family, etc. They focus much of their attention on these details and their relationship takes a back seat. This workshop aims to help participants move their relationship to center stage through a combination of teaching and exercises in a small group setting. $60 per person or $90 per couple. Call 747-8240; bradymikusko@ameritech.net.

Speaking Through the Heart: A Bridge Building Workshop for Women and Men with Diana Kardia and Kevin Meisel • Oct. 27, 11 a.m.-6 p.m. at Crazy Wisdom Community Room • How do we, as women and men, speak the unspeakable to each other in a way that honors our experiences and strengthens our connections? This dialogue-based workshop is designed for women and men in any form of relationship (marriage, friendship, siblings, colleagues, neighbors, dance partners) who care about this question and are willing to commit time, courage, uriousity, patience, and grit to craft an answer. A day of discussion, reflection, laughter, and getting real. $75. Call Diana at 358-3698; diana@dialogueacrssthedivide.com.

How to Improve Your Relationship Without Talking About It with Carole Kirby • Dec. 2, 2-4:30 p.m. at Crazy Wisdom Community Room • This workshop will introduce you to the discoveries described in the book by the same title by Pat Love and Steve Stosny. They indicate that love is not about better communication, but about connection. They provide information and ideas about strengthening your relationship beyond words. Free. Call 424-2797; www.therapy4couples.com.

A New Way to Love: Weekend Workshop for Couples with Carole Kirby • Sept. 28-30 for lesbian and gay couples; Oct. 5-7 for all couples in Grand Rapids; Nov. 2-4 for all couples in Ann Arbor • This workshop is for you if you have relationship concerns, if you've been together five months or 23 years, doing okay or desperately need help. Spend a weekend re-discovering each other and learning a better way to relate. You can create a closer, stronger coupleship. The workshop is based on theory developed by Harville Hendrix. For cost, call 424-2797; www.therapy4couples.com.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-6 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757; mebratcher@yahoo.com.

Bellanina's Facelift Massage Seminar with Nina Howard • Nov. 3-5, 9 a.m.-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. $995 includes professional treatment kit. Call 800-235-2844 or 747-7661; operations@bellanina.com.

The Crazy Wisdom Calendar

Massage (continued)

Bellanina's Facelift Massage Teachers Training with Nina Howard • Nov. 1-5, 9 a.m.-5 p.m. • For graduates of Belavi/Bellanina Facelift Massage seminars. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Women's Energy Medicine Massage Training Orientation with Mary Light • Oct. 25, Nov. 15, Dec. 13 • Alternative massage therapy training blends energy healing and intuitive development with various approaches to orthopedic massage and natural therapeutics. Program begins Fall 2007 through August 2008. $95 per class. For times, call 769-7794; www.marylightnaturalmedicine.com.

Myofascial Therapy III with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Sept. 7-9, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic Myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage I with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Sept. 22-23, 9 a.m.-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250 with 14 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Ortho-Bionomy Foundations: Spine with Ann Brooks Shinall and Terri Lee at Ann Arbor Institute of Massage Therapy • Sept. 29-30, 9 a.m.-5 p.m. • Save your hands, work more effectively, increase your sensitivity and sensing abilities, and widen your client base! Ortho-Bionomy is an effective bodywork with a gentle, non-invasive approach for releasing pain and tension – without causing pain. It is profoundly deep while gentle on the body. $250 with 16 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Seated Massage with Christia West at Ann Arbor Institute of Massage Therapy • Oct. 6, 9 a.m.-5 p.m. • The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150 with 7 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Raindrop Therapy with Cynthia Haas at Ann Arbor Institute of Massage Therapy • Oct. 7, 9 a.m.-5 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body – physically, emotionally, and mentally. The oils for a raindrop therapy sessions are included with this class. $100 with 4 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Professional Ethics and Boundaries at Ann Arbor Institute of Massage Therapy • Oct. 9, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This is a very basic class on professional ethics and boundaries. This is for the new integrative therapist to learn how to provide safe care and have collegial relationships in their business community. $50 with 3.5 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Posturology 101 with Neurosomatic Educators with Paul St. John at Ann Arbor Institute of Massage Therapy • Oct. 12-14, 9 a.m.-5 p.m. • This is the first in a new series of advanced educational workshops from Paul St. John. This first workshop is a prerequisite to taking the certification series. As an Integrative Neurosomatic Therapist, your capacity to help clients in pain starts with your ability to measure, document, and interpret posture. $495 with 21 CE credits. Discounts for AAIMT students and early registration. Call 677-4430; fax 677-4520; info@aaimt.edu.

Therapy Stones with Christy Zarek at Ann Arbor Institute of Massage Therapy • Oct. 27-28, 9 a.m.-5 p.m. • Learn how to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Expand your knowledge with a different type of deep tissue therapy and work with alternating temperatures as a tool. Students will also learn to clean and care for their stones. Hot and cold stones and warming equipment will be needed at an additional cost. $330 with 15 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage II with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Nov. 2-4, 9 a.m.-5 p.m. • The student will learn about certain common sports injuries, how to treat them, and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Reflexology with Prema Lindsay Smith at Ann Arbor Institute of Massage Therapy • Nov. 10-11, 9 a.m.-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes on the feet. We will explore the history dating from 3000 BC to current, international research as well as its clinical significance. The basis for treatment evolves from the harmful effects of stress on the body's systems. $250 with 14 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Pathology with Christia West at Ann Arbor Institute of Massage Therapy • Nov. 17, 9 a.m.-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150 with 7 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Dec. 14-16, 9 a.m.-5 p.m. • This workshop begins with an examination of the theory and history behind neuromuscular therapy. Back, neck, and posterior hip are the areas of focus for this workshop. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Basic Relaxation Massage Workshop with Kathryn Hannan • Oct. 20, Noon-4 • This workshop is designed for those interested in learning basic massage techniques and how to apply them to themselves as well as friends and family. The benefits of massage will be explored. Applications of basic massage strokes will be demonstrated and practiced. This class is not designed to prepare the attendee to become a massage therapist. Class size limited. $50 or $90 for you and a friend including light snack and handouts. Call 332-3800; kathryn@theracaremassagetherapy.com.

Meditation

Meditation, Healing, and Aura Reading: Part 1 – Exploring the Four Relationships with Julia King • Sept. 8-9 at Crazy Wisdom Community Room • We will explore the use of a shared language to describe the energy anatomy, including a kaleidoscope of fun and easy techniques to more deeply engage with our self and others. $180. Call 727-488-5504; starduster12@hotmail.com.

Introduction to Meditation Techniques with Wasentha Young • Sept. 24, 7:15-8:30 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and their thoughts with clarity, calm, quietude, and vision. We will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as sitting, standing, walking, pondering, visualization, focusing, moving, and guided meditation. $20. Call 741-0695; www.peacefuldragonschool.com.

Present Moment Meditation with Kathy Bindu Henning • Sept. 22, 29, Oct. 20, Nov. 3; 11 a.m.-1 p.m. • These informal gatherings include readings, discussion, and 15-minute meditation sessions. What are the great teachers of meditation telling us? How do their teachings apply to life today? $15 per session. Call 734-674-6965; presentmoment@myexcel.com.

Living in the Present Moment Workshop with Kathy Bindu Henning • Oct. 6, Nov. 10, Dec. 8; 10 a.m.-3 p.m. • It can sometimes be a challenge to live fully in the moment. This workshop takes a look at how we can remain present and, if we're not, what's in the way. Includes discussion, present moment meditation, and self-discovery exercises. $50. Call 734-674-6965; presentmoment@myexcel.com.

A Gentle Path with the Goddess Tara with Tsogyelgar Dharma Center • First and Third Wednesday of each month, 7:30 p.m. • We will use the books of Pema Chodron and the Tantric meditation on the Goddess Tara to discover a way to move through and beyond self-imposed limitations and suffering. By creating an open space of self acceptance, we can "start where we are" and discover spaciousness within our minds, heart, and lives. Free with donations accepted. Call A'tsal Khandro at 663-3842; A-tsal@flamingjewel.org.

Sahaja Yoga Meditation with Ruchi at Crazy Wisdom • Thursdays, 5:30-6:30 p.m. • Feel your kundalini awakening, chakra cleansing, balancing techniques, and union with the divine. Free. Call 369-2465; RBHATAG@umich.edu.

Pure Meditation Course including Raja~Kriya Yoga with Self Realization Meditation Healing Centre • Sept. 16-22 • Do you yearn for true peace in your mind and joy of spirit? Pure Meditation will give you the tools to relax, focus, and regain mastery of your mind to ease away the layers of ego, revealing your true self, lasting joy, and so much more! With Mata Yogananda Mahasaya Dharma to bless and guide you, and her teachers here to help, you CAN do it. $449 includes lunches and refreshments; $716.12 includes lodging and all meals. Call 517-641-6201; SRMHCMichigan@CS.com.

Meditation Foundation Class with Self Realization Meditation Healing Centre • Oct. 11, Nov. 29; 7 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, Meditation Foundation training, which includes the meditative peace breath, helps you be in charge of how you feel physically, mentally, and emotionally. It takes only an hour to learn and a few minutes to practice each day. $40. Call 517-641-6201; SRMHCMichigan@CS.com.

Silent Retreat with Self Realization Meditation Healing Centre • Oct. 12-14 • Following a meal served on arrival, giving time for all participants to get to know each other, this retreat is held in silence, with ample time to meditate, contemplate, relax, and get in touch with the inner self. The Centre has a meditation room, excellent home-cooked vegetarian food, quiet sitting areas, comfortable accommodation, and a large wooded area for local walks nearby. $109 plus tax. Call 517-641-6201; SRMHCMichigan@CS.com.

Christmas Celebration Silent Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of Christmas. Following a meal served on arrival, giving time for all participants to get to know each other, this retreat is held in silence, with ample time to meditate, contemplate, relax, and get in touch with the inner self. The Centre has a meditation room, excellent home-cooked vegetarian food, quiet sitting areas, comfortable accommodation, and a large wooded area for local walks nearby. $141 plus tax. Call 517-641-6201; SRMHCMichigan@CS.com.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 30-Jan. 1 • For all who wish to come and imbibe in the peace and beauty of the Centre as the New Year begins. The Centre has a meditation room, excellent home-cooked vegetarian food, quiet sitting areas, comfortable accommodation, and a large wooded area for local walks nearby. $109 plus tax. Call 517-641-6201; SRMHCMichigan@CS.com.

ntroduction to Meditation with Kapila Castoldi at Sri Chinmoy Centre • Sept. 17, 24, Oct. ; 7-8:30 p.m. • Introductory meditation series explores various techniques for entering the editative state, including exercises in concentration, breathing, chanting, and visualization. The lass will also touch on basic concepts of Indian philosophy and the role of the spiritual teacher. ree. Call 994-7114.

Vednesday Evening Meditation Group with Ann Barden, Susan Weir, and Other Deep pring Center Teachers • Every Wednesday, 6-7:45 p.m. • All meditators invited. Two silent ittings: 6-6:45 and 7-7:45 with walking meditation in between. Come to one sitting or both. Free vith donations accepted. Call Susan at 663-1675; seaweir@comcast.net.

Vednesday Evening Insight Meditation Class with Susan Weir • Sept. 12, 26, Oct. 10, 24, Nov. 7; 7:45-9:15 p.m. • A class on understanding and deepening insight meditation practice. nsight meditation is a precise practice of developing moment to moment presence in our lives nd opening our hearts. Optional introduction for beginners on Sept. 5. Free with donations accepted. Call Susan at 663-1675; seaweir@comcast.net.

Days of Meditation and Silence with Barbara Brodsky, Carol Blotter, and Deep Spring Center Teachers • Sept. 22 and/or Sept. 23; 9 a.m.-4:30 p.m. (check-in starts at 8:30 a.m.) Join us for a day in a woodland sanctuary on the lake at Michigan Friends Center in Chelsea. This meditation day is appropriate for beginners and those with Vipassana (insight meditation) xperience. Instruction in sitting and walking meditation will be provided, with time for questions. Bring a bag lunch. $30 per day or $50 for both days. This is a fundraiser for both the Friends Center and Deep Spring. Call Carol at 475-0942; www.deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers Every Sunday, 10-11:30 a.m. • Sunday morning sitting (insight meditation) from 10-11 a.m., followed by mindful sharing. Donations gratefully accepted. Call 477-5848; www.deepspring.org.

Listening to the Buddha: The Re-Awakening of Faith with David Lawson of Deep Spring • Oct. 11, 25, Nov. 8, 29, Dec. 6, 20, Jan. 10, 24; 7-9 p.m. • We will study some original teachings of the Buddha as given in the Pali Canon sutras and investigate how these teachings have been applied in the development of meditation practices in Thai and Burmese vipassana traditions. We will also use Jack Kornfield's *Living Dharma*. The format will be highly interactive as we explore how to make practical use of the sutra teachings in our formal sitting practice and in our daily lives. Appropriate for continuing meditation students or anyone who has taken an introductory vipassana course. $56 building fee with opportunity to offer dana to teacher. Call 477-5848 or 562-8317; www.deepspring.org.

ntroduction to Insight Meditation and Mindfulness with Jim Whiteside and Kevin Smyth of Deep Spring • Wednesdays: Sept. 26-Oct. 31; 7-9 p.m. through Ann Arbor Rec and Ed • Insight meditation and mindfulness are simple and direct practices of moment-to-moment awareness of mind/body processes, through which we cultivate our ability to be more present in each moment, deeper understanding of how things are, and increased skill to act with wisdom and compassion. The primary focus of this class is providing instruction for persons with no previous meditation experience, but continuing meditators who wish to renew their practice by reviewing the basics are welcome. $59 residents or $69. Call 477-5848 or 995-0639; www.deepspring.org.

Meditation: Day of Practice with Carol Blotter of Deep Spring • Oct. 28, 9 a.m.-4:30 p.m. • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instruction (vipassana), sitting and walking meditation, a dharma talk, and private interviews with the teacher if requested. Bring your own lunch. $30 suggested donation. This is a fundraiser for Friends Center and Deep Spring. Call 477-5848 or 475-0942; www.deepspring.org.

Insight Meditation and Mindfulness Practices with Frank Levey and Sandy Wiener of Deep Spring • Tuesdays, Oct. 30-Dec. 4; 7-9 p.m. through Ann Arbor Rec and Ed • Insight meditation and mindfulness are simple and direct practices of moment-to-moment awareness of mind/body processes, through which we cultivate our ability to be more present in each moment, deeper understanding of how things are, and increased skill to act with wisdom and compassion. Stress may be alleviated as we realize how to change our relationship to the difficulties in our lives. $59 residents or $69. Call 477-5848 or 975-4448; www.deepspring.org.

Introduction to Vipassana Meditation Half-Day Workshop with Mary Grannan and Peg Tappe of Deep Spring • Nov. 3, 9 a.m.-Noon • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what vipassana is all about. The workshop is oriented to beginners and also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $20 building fee with opportunity to offer dana to the teacher. Call 477-5848 or 453-8915; www.deepspring.org.

Meditation: Path to a Stress-Free Life with Dave Krajovic • Oct. 24, 6:30-8:30 p.m. • This introductory class is all you need to get started with a meditation practice. Learn the history and benefits of meditation and why it is one of the simplest but most effective tools for controlling stress. Learn basic postures and tools to allow you to begin to meditate on your own. You will also be lead in a short guided meditation. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Learn to Meditation with Nirmala Nancy Hanke through Lighthouse • Sept. 28, Oct. 26, Nov. 30 • Introduction to mantra meditation in the Jain tradition, with meditation and empowerment. $35 or $15 to repeat. For times, call Prachi at 734-449-4381; thielp17@yahoo.com.

Candlelight Meditation and Healing through Lighthouse • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Heart Empowerment Class with Prachi Patricia Thiel through Lighthouse • Four Tuesdays beginning Oct. 2; Gather at 7 p.m. and begin 7:30-9:30 p.m. • A four-week class focusing on empowering the heart chakra so that we can love ourselves and others more. Prerequisites: intro meditation lecture and at least two months of mantra meditation. $75 or $60 pledging. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Intensive Meditation through Lighthouse • First and Third Friday of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. For times, call Prachi at 734-449-4381; thielp17@yahoo.com.

Meditation and Energy Healing with BODY-MIND-SPIRIT • Fridays, 6-7 p.m. • Sessions explore energy, breath, and healing as participants start with silent meditation, proceeding through a set of hand movements, all while listening to meditative vibrations and music (non-aerobic and seated). $10 drop-in. Call 945-8602; staff@bmswc.com.

Energy Flow (Meditation and Healing) with BODY-MIND-SPIRIT • Saturdays and Sundays, 1-2 p.m. • Sessions explore energy, breath, and healing as participants start with silent meditation, proceeding through a set of hand movements, all while listening to meditative vibrations and music (non-aerobic and seated). $10 drop-in. Call 945-8602; staff@bmswc.com.

Guided Meditation from the Yoga Tradition with Ema Stefanova • Sundays 6:30-7:30 p.m., Mondays 8-9 p.m., Wednesdays 7:10-8:10 p.m., Thursdays 11:10 a.m.-12:10 p.m. • Expand your consciousness through carefully selected, easy-to-learn, powerful meditation practices from the yoga tradition. Learn deep relaxation, concentration, and meditation and become "stress resistant". No particular belief system needed. Beginning and continuing students welcome. For cost, call 665-7801; emastefanova@cs.com.

Intensive Meditation Retreat with John Friedlander • Oct. 23-29 with optional weekend only attendance • In this seminar, advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and run one's kundalini. Long-term transformations are facilitated. Held north of Cincinnati at a nature preserve. This is a non-residential retreat. For cost, call Rose at 998-0340; rose_m_48105@yahoo.com.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Wednesdays beginning Sept. 19, 7:30-9 p.m. • An ongoing therapy group supporting men to change their careers, lifestyles, and relationships, promoting recovery from addictions, depression, anxiety, isolation, and divorce. $40 per session with some insurances accepted. Call 747-9073; cam.vozar@gmail.com.

Men's Group with Felix Paulick at Growing Together Life Learning Center • Sundays, 4:30-6:30 p.m. • Are you the man, husband or father that you want to be or are you unsatisfied with some aspect of your life, relationship or career? Men in our society have been conditioned to "look out for ourselves" and "go it alone". Through the authentic sharing with other men in this group, we can clear feedback on how we are leading our lives and gain support for where we want to go. $30 per week. Call 662-8335; felix@togrow.org.

Men's Sexuality Group with Felix Paulick at Growing Together Life Learning Center • Wednesdays, 7-9 p.m. • This group is designed to help men increase awareness of how their sexuality developed and how best to integrate it with a healthy, fulfilling life. It will help men discover how to have a satisfying sex life as part of a loving relationship. $30 per week. Call 662-8335; felix@togrow.org.

Creating Change: A Workshop for Men with Jim Etzkorn and Felix Paulick at Growing Together Life Learning Center • Oct. 20, 10 a.m-6 p.m. • Are you the man, husband or father that you want to be or are you unsatisfied with some aspect of your life, relationship or career? This intensive one-day workshop will allow you to explore the roots of your feelings and teach you practical tools to begin creating change in your life. Our approach is a unique blend of Gestalt Therapy and life coaching with a focus on the challenges facing men in today's world. $80. Call 662-8335; felix@togrow.org.

Mothering

Mothering Arts Support Group with Merilynne Rush and Cynthia Gabriel of New Moon Midwifery • Thursdays, Noon-1:30 p.m. • For moms and babies three weeks to six months old. Group focuses on a positive adjustment to the joys and challenges of being a new mom, guided by the principles of attachment parenting. Topics include wearing your baby, baby signing, sleep issues, infant massage, breastfeeding, and caring for yourself. Get to know other new moms and get off to a good start. There is an eight-week curriculum, but you can join at any time. $15 for eight weeks. Call 424-0192 or 622-8335; mrush@provide.net.

Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up at the Women's Health Center, St. Joseph Mercy Hospital • Sept. 30 in Canton; or Nov. 11, 1-5 p.m. • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and daughter; $10 for each additional daughter or grandmother. Call 712-5400 or 800-231-2211; www.sjmercyhealth.org.

Music & Sound

In the Same Sky: Eagle and Condor Flying Together – CD Release Concert with Oscar Santillan of Ecuador, Laz and Helen Slomovits and Friends • Oct. 13, 7:30 p.m. • A celebration of the release of the cd, *In the Same Sky: Eagle and Condor Flying Together*, the musical fruit of years of music making and friendship between Oscar Santillan and Helen and Laz Slomovits. Music to lift the heart, get one up dancing, and a feast of transformational healing sound. $10. Call Helen at 665-0409; helens22@comcast.net.

Freeing the Voice with Roger Tolle • Nov. 16-18, 9 a.m.-6 p.m. each day • This class is appropriate for voice students and teachers, singers, actors, bodyworkers, movement educators, and anyone who desires a freer and richer self expression. Learn how to release tension and build confidence in the voice; find freer movement and greater awareness in the neck, face, jaw, and breath; and discover how this affects sound quality and ease of expression. Explore various relationships between sound vibration and body movement. $385. Call Eileen Dickinson at 717-4145; edickins@umich.edu.

An Evening of Sacred Chanting featuring Shantala • Oct. 11, 7:30 p.m. • We will enjoy a night to remember, gathering together as community for a kirtan with these inspiring musicians, Benjy and Heather Wertheimer. Benjy has described kirtan as the yogic equivalent of really rocking gospel music. $18 or $15 in advance. Call Michele Bond of Yoga House at 358-8546; michele@yogahouseannarbor.com.

The Crazy Wisdom Calendar

Music & Sound (continued)

Monthly Kirtan with Ann Arbor Kirtan Group • Aug. 17, Sept. 15, Oct. 19, Nov. 16; 7:30-9:30 p.m. • Come join Ann Arbor Kirtan for an informal evening of yogic and Sanskrit chanting in a participatory, call-and-response, cross-cultural music experience. Kirtan is about the heart, reconnecting us with our inner self and universal consciousness. We combine Indian and western instruments and melodies, including guitar, dulcimer, keyboard, tambura, harmonium, flute, cello, cymbals, and tabla. Free with donations accepted. Call Dennis Chernin at 973-3030; http://kirtanannarbor.org.

Eleventh Annual Evening of Sacred Song: Come Sing with Us! with Sacred Song • Dec. 1, 7:30 p.m. • Come celebrate the season and enjoy music and rhythms from many spiritual traditions in this annual evening of song, designed for maximum audience participation. The chorus includes Dale Petty, Jeanne Mackey, Lisa Bashert, D. Yarrow Halstead, and Wasentha Young. All proceeds benefit two local nonprofit organizations. $5-$25 sliding scale donation. Children 12 and under free. Call 975-8791; mackeyj@umich.edu.

Baby and You! with Gari Stein • Wednesdays, Sept. 12-Dec. 12; 10:45 a.m. • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance your bond with your baby. $125 includes two cds. Call 741-1510; garistein@aol.com.

Sing with Me! with Gari Stein • Tuesdays, Wednesdays or Thursdays, Sept. 11-Dec. 13; 9:15 or 10:45 a.m. • Musical enrichment for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $160-$175 includes four cds. Call 741-1510; garistein@aol.com.

Cafe 704 Coffee House through Interfaith Center for Spiritual Growth • Sept. 29, Oct. 27, Nov. 10, Dec. 8; 8-10:30 p.m.; doors open at 7:30 • Come hear monthly live acoustic music in a smoke- and alcohol-free new venue with plenty of parking! Refreshments are also sold. To find out who's playing, visit www.interfaithspirit.org. Free with donations accepted. Call Al Carter at 248-515-4644.

Candlelight Meditation on the Healing Chants of Hildegard von Bingen with Norma Gentile through Weber Center • Nov. 11, 5 p.m. • A sensual feast of the heart, Hildegard's chants were written as a means for people to come into communion with spirit. Relax into meditation time as they are sung by Norma Gentile and accompanied by sacred Tibetan singing bowls. Those present will learn how to do overtone chant and will be invited to add their voices in simple toning to some of the songs. $20 or $15 pre-registered. Call 517-266-4000; webercenter@adriandominicans.org.

Tools to Overcome Performance Anxiety with Thomas Kern • Sept. 8, Oct. 13, Nov. 10, Dec. 8; Noon-2:30 • This workshop will introduce the 12 postures of Internal Energy Plus and tools to help overcome performance anxiety in many situations. $120 includes manual and dvd. Call 740-1867; musicandmotioniep@comcast.net.

There is Always Room for Cello, Too with Thomas Kern • Oct. 14, 4-5 p.m. • This program combines the needs of music students with the postures of Internal Energy Plus. We will also focus on the connection of the postures to your instrument to help reduce stress before and during a performance. $25 or $15 students. Call 740-1867; musicandmotioniep@comcast.net.

Back Into the Positive Flow with Jesse Richards • Eight Saturdays beginning Sept. 29, 10:30 a.m.-Noon • If you have felt overwhelmed, depressed or despairing over life's challenges or the state of the world, or just like to be involved in uplifting activities, you may benefit from this class. We will combine music and song, dance and exercise, with special presentations on health and well being, group support, community service, and opportunities to connect with animals and nature, to get back into the positive flow! $225. Call 995-2972; info@jesserichards.net.

Performances through the University Musical Society • For more information, contact UMS Ticket Office at 764-2538; umstix@umich.edu.
Andras Schiff, Piano • Oct. 3 and 5, 8 p.m. • This outstanding Hungarian pianist will perform all 32 Beethoven piano sonatas over a two-year, eight-concert cycle, providing unique insight into his development as a composer. $22-$46.
Filarmonica della Scala • Oct. 6, 8 p.m. • The La Scala Philharmonic spends most of its time as the house orchestra for Italy's famous opera house. This is the first concert on its inaugural U.S. tour with the great dramatic tenor Ben Heppner. $10-$75.
Krystian Zimerman, Piano • Oct. 12, 8 p.m. • This Polish pianist, who travels with his own instrument, comes from a family with rich music-making traditions. Musicians would meet almost daily in his home to perform chamber music when he was a child, affording him a most intimate, natural, everyday contact with live music and providing an early impetus to his musical career. $10-$56.
Dianne Reeves Trio with Romero Lubambo • Oct. 13, 8 p.m. • With her strong, agile voice, rhythmic viruosity, and improvisational ease, Dianne Reeves was clearly born of jazz. Her singing draws upon a world of influences, and her unique R & B and jazz stylings have led to an unprecedented four "Best Jazz Vocal" Grammy Awards, one for each of her four cds. $10-$48.
Pamina Devi: A Cambodian Magic Flute • Oct. 20, 1 p.m. or 8 p.m.; Oct. 21, 2 p.m. • Working from within the structures of classical Cambodian dance, Sophiline Cheam Shapiro creates a startling take on one of the most beloved stories in western opera. In Khmer with English supertitles, Pamina Devi is performed by the acclaimed Khmer Arts Ensemble from Phnom Penh. $18-$44.
Spiritual Sounds of Central Asia: Nomads, Mystics, and Troubadours • Oct. 24, 8 p.m. • This tour, produced by the Aga Khan Music Initiative, features 18 musicians from six countries. Each section of the concert is preceded by a brief documentary film and a live video feed projects close-up images of the artists and their instruments. $16-$40.
Russian Patriarchate Choir • Oct. 30, 8 p.m. • Founded by Anatoly Gridenko in 1983, the 13 members of this choir are all Moscow Orthodox Church singers who are dedicated scholars of the repertoire for male voices and who led the way in the rediscovery of Orthodox Church music in the late years of the Soviet regime. $45 reserved; $35 general admission.
St. Petersburg Philharmonic with Julia Fischer, Violin • Nov. 4, 7 p.m. • Critics outdo one another in their commentary about this young, unpretentious, and superbly talented German violinist, who joins Yuri Temirkanov and the St. Petersburg Philharmonic. Fischer performs Beethoven's monumentally difficult concerto for violin. $10-$75.
Madeleine Peyroux • Nov. 8, 8 p.m. • Born in New York and raised in Paris, the young singer, guitarist, and songwriter fell in love with French culture on the streets of Paris. This eloquent, understated singer makes her UMS debut with this Hill Auditorium concert. $10-$42.
Zehetmair String Quartet • Nov. 8, 8 p.m. • Founded in 1994, the Zehetmair Quartet quickly gained international prominence and critical acclaim for its vigorous, imaginative, and meticulously wrought performances of the string quartet repertoire. $20-$38.
Caetano Veloso • Nov. 9, 8 p.m. • Veloso has long been considered the Brazilian Bob Dylan and, like Dylan, he continues to surprise as he grows older. At once an astute social commentator and balladeer of highly emotive love songs, he is one of the most respected poets in the Portugese language. $10-$54.

> The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.
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> -Anne Frank

Yo-Yo Ma, Cello with Kathryn Stott, Piano • Nov. 10, 8 p.m. • Yo-Yo Ma strives to find connections that stimulate the imagination, immersing himself in subjects as diverse as traditional Chinese music and the music of the Kalahari bush people in Africa. $10-$100.
Los Angeles Guitar Quartet • Nov. 18, 4 p.m. • This quartet is one of the most charismatic and versatile groups performing today. Their inventive, critically-acclaimed transcriptions of concert masterworks provide a fresh look at the music of the past, while their interpretations of works from the contemporary and world music realms continually break new ground. $22-$46.
Handel's "Messiah" • Dec. 1, 8 p.m.; Dec. 2, 2 p.m. • The Grammy award-winning UMS Choral Union launches the holiday season with its signature work. An Ann Arbor tradition since 1879, these performances are ultimately the heart of UMS, connecting audiences with the talented people on stage, but also with friends and family who attend each year. $10-$32.
The Tallis Scholars • Dec. 6, 8 p.m. • Establishing themselves as the leading practitioners of Renaissance sacred music, their exploration of the depth and variety of this repertoire has reached a worldwide audience. $45 reserved; $35 general.
Youssou N'Dour and the Super Etoile • Dec. 8, 8 p.m. • Throughout an astonishing international career, N'Dour's roots in Senegalese dance music and singing remain the hallmark of his artistic personality. He has quietly but steadily captured the attention of a diverse, multi-ethnic, genuinely international audience.
Leo Kottke and the Turtle Island String Quartet • Dec. 9, 4 p.m. • This joyous voyage through world holiday music brings together the iconic, acoustic finger-style guitarist Kottke with an ensemble that fuses the classical quartet aesthetic with contemporary American musical styles, turning any preconception of chamber music on its head. $22-$46.

Native American

Water for the Future: A Native American Perspective with Osahmin Judy Meister • Nov. 3, 10 a.m.-4:30 p.m. • An exploration of Native American lifeways as taught by Keewaydinoquay with special focus on water. Osahim will lead us in an exploration of these ancient understandings and a discovery of their implications of our future. $45 with scholarships available. Includes traditional Ojibway lunch. Call Scott Coleman at 883-1586; scott@thecolemans.net.

Sweat Lodge Ceremony with Debbie Mast sponsored by Flowering Tree Lodge • Oct. 17, Nov. 15, Dec. 13; 7-10 p.m. • The sweat lodge ceremony reconnects us to spirit as we purify physically and spiritually. Free. Call Joann at 586-749-7781; ftreelodge@aol.com.

Red Lodge Open House and Sweat Lodge Ceremony with Debbie Mast sponsored by Flowering Tree Lodge • Sept. 12, 7-10 p.m. • An introduction to Red Lodge, a year long program in shamanic teaching and ceremonies which connect you to the natural world and unify your emotions, body, mind, spirit, and sexuality. A one-hour description of the program is followed by an optional sweat lodge ceremony. Free. Call Joann at 586-749-7781; ftreelodge@aol.com.

Sweat Lodge with Janet Nagy • Sept. 29, Oct. 27, Nov. 24 • Men's and women's sweat lodges. Bring a dish to pass. $20 land donation. For times, call Mulberry Farm at 734-783-3830; mulberryfarms@comcast.net.

Natural Building

Introduction to Natural Building Slideshow with Heart and Soul Ecological Landscaping and Natural Building • Sept. 6, Oct. 18, Nov. 15; 7 p.m. • This slideshow is an overview of natural building techniques and possibilities. We will also discuss reasons for building with natural materials and the differences between natural and green building. Free. Call Cecile Green or Daniel Little at 761-9144; welcome@heartandsoul.biz.

Nature Awareness

Nature Awareness and Wilderness Skills with Frank Levey • Oct. 27, 10 a.m.-2:30 p.m. • This nature-based workshop will cover various awareness exercises along with developing primitive wilderness skills, including basic shelter, fire making, and water and food gathering. $50. Call 975-4448; franklevey@hotmail.com.

Blue Turtle Nature Awareness and Wilderness Skills Program for Kids with Frank Levey • Four Saturdays: Sept. 29-Oct. 20; 7-10 years old, 9:30 a.m.-Noon; 11-14 years old, 1-3:30 p.m. • In an environment designed to nurture the qualities of cooperation, inclusion, and friendship, this hands-on nature based series of classes will foster the study and development of primitive survival skills. Areas emphasized will include shelter building, water and food gathering, fire and primitive tool making, plant i.d. and use of animal tracking, signs, and habitats. $60, but no one refused admission due to financial constraints. Call 975-4448; franklevey@hotmail.com.

Orienteering Class Orientation with Aegis Consulting • Nov. 18, Noon • Learn the ancient art of compass and map in the splendor of the Pinckney Recreational Area. Free. Call Sal Sanfratello at 645-2265; management@aegisconsulting.org.

Naturopathy

Naturopathic Medicine 101 with Diana Christoff Quinn sponsored by People's Food Co-op • Nov. 6, 7-8:30 p.m. at Crazy Wisdom Community Room • What is naturopathic medicine, and how is it similar to and different from "conventional" medicine? This class will offer an introduction to naturopathic philosophy and an overview of treatment modalities, highlighting naturopathic approaches to nutrition and healthy lifestyles. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom • Sept. 25 for Fall Equinox, Oct. 30 for Samhain, Nov. 27, Dec. 18 for Yule; 7 p.m. • Come join us for tea and networking on Witches' Night Out. These evenings will be held in the Crazy Wisdom Tea Room on or around pagan holidays whenever possible. It is a chance to meet others of like mind, drink "Witch Brew tea", and have a great time. No cover. Call Carol or Samantha at 665-2757; samantha@crazywisdom.net.

Parenting

Parenting in Indulgent Times with Sean Hogan-Downey of Visitation North • Oct. 25, 7:30-9 p.m. • Our culture is awash in excess. This presentation will explore issues of kids today and offer healthy parenting skills to raise likeable, responsible, respectful children. $20. Call 248-433-0950; visitationnorth@ihmsisters.org.

Boot Camp for Dads/Survival Skills for New Moms through Women's Health Center, St. Joseph Mercy Hospital • Oct. 13, Nov. 10, Dec. 8; 9 a.m.-Noon • Mom and dad classes held simultaneously. Designed for first time fathers of all ages! You'll learn practical information on parenthood, baby care, becoming a family, and supporting the new mom. Hands-on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. This class is an all-male class. $25. Call 712-3625; www.sjmercyhealth.org.

Spiritual Parenting: How to Raise a Consciously Aware Kid with Sheree Johnson • Oct. 23, 7 p.m. • This is an introductory workshop for parents who want support and guidance on how to develop and nurture the spiritual aspects of their child's being. Open to parents of all faiths and beliefs. Free. Call 929-0367; gcitaa@aol.com.

"Time Out" for Parents with Felix Paulick at Growing Together Life Learning Center • Wednesdays, 7-9 p.m. • This is a weekly group to support parents in expressing and understanding their emotions around parenting. How you treat your child is probably how you were treated as a child. If you would like to teach our children to have healthy relationships with others and to love themselves, we must have healthy relationships and love ourselves first. $30 per week. Call 662-8335; felix@togrow.org.

> When the power of love overcomes the love of power
> the world will know peace
> - Jimi Hendrix

Family Vision Retreat for Parents and Parents-to-be with Cia Gabriel and Felix Paulick at Growing Together • Nov. 3, 9:30-4:30 • Take a few hours away from the bustle of daily life to focus on the soulful purpose and values of your family. Learn how to enjoy rather than just manage the constant challenges of parenting. Try some new tools to stay connected to your partner. $130 per couple. Call Cia at 662-8335; cynthia@togrow.org.

Supporting Our Children: Workshop for Parents and Caregivers with Carole Kirby • Sept. 15, 8:30 a.m.-7:30 p.m. • This seminar is designed to help you glean the gifts of your own past and apply them in your parenting. You will hear lectures, observe and participate in discussions, learn a new communication practice, and have fun. The workshop is designed for married or single parents, step-parents, and caregivers of all kinds who are looking for hope, inspiration, and transformation. $150 per person. Call 424-2797; carole777@aol.com.

Peace

International Day of Peace Observance: 24-Hour Peace Meditation Circle through Interfaith Center for Spiritual Growth • Sept. 21 at 6 p.m. through Sept. 22 at 6 p.m. • 24-hour meditation circle in honor of the United Nations International Day of Peace and Yom Kippur (the annual Jewish holy day, the Day of Atonement). Join in silent prayer or focused meditation toward peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in to keep a continuous intention of inner peace and outer peace going. Refreshments provided. Free with donations accepted. Call Craig Harvey at 971-8576; worldhealing@yahoogroups.com.

"Peace Generator" Silent Meditation/Prayer Circle through Interfaith Center for Spiritual Growth • Oct. 19, Nov. 16, Dec. 14; 7-9 p.m. • All are invited to join this monthly silent meditation/prayer circle for world peace, inner and outer healing, love, and harmony. Participants can envision a happier, more peaceful world; meditate on a worldwide healing vision; dream up nonviolent solutions to violence; do Reiki or other energy healing work; hold our planet in the light or any variation of these. Free with donations accepted. Call Craig Harvey at 971-8576; www.interfaithspirit.org.

Nonviolent Direct Action for Peace: FAME (Finding Alternatives to Military Enlistment) with Michael Kelly sponsored by Michigan Friends Center • Oct. 14, 2:30-4:30 p.m. • FAME is an organization dedicated to providing accurate information about military service, offering a critical analysis of the ever more sophisticated recruitment efforts, and suggesting realistic alternatives to the poverty draft. $5-$10. Call 475-1892; www.michiganfriendscenter.org.

Personal Growth

The Lamb is Lying Down with the Lion: Exploring the Creation of Predator Free Spaces, Prey Free Spaces on Earth, Now with Betsy Adams • Oct. 29, 7-9 p.m. at Crazy Wisdom Community Room • What can we do in our daily life, in this moment that is given each and every one of us by grace, to provide creation of predator/prey free spaces? How are we each holding, sharing, and creating the energies that allow for the creation of such wondrous spaces? $15 suggested love offering. Call 475-4230; shohnahhahlieh@provide.net.

You Have a Body to be Divine with Kathleen Vakalo, offered by Betsy Adams • Nov. 5, 7-9 p.m. at Crazy Wisdom Community Room • The body is an inescapable fact, a solid, palpable fact. What does it have to do with God, Spirit, the Divine? Everything! The body is a powerful spiritual tool. It is at the heart of the spiritual process. Together, let's explore the spiritual gift of the physical body as it arises here in human, animal, and other forms. $15 suggested love offering. Call Kathleen at 668-7429 or Betsy at 475-4230; klvakalo@umich.edu.

Dissolving the Darwinian Matrix into the Matrix of Divine Flow with Betsy Adams and Shara Lyn El • Sept. 15-16, 11 a.m.-5 p.m. at Crazy Wisdom Community Room • The Divine exists prior to the mind, prior to the egoic arisings here. Darwinian evolution is founded on egoic patterns rooted in fear, in the sense of being separate from what lives us all – Love. We will explore feelings of separation and competition, the means of dissolving these fear based patterns, learning to feel self love, and learning to feel true relationship with all that arises. $85 for one day; $150 for two. Call Shara Lyn El at 369-6071 or Betsy at 475-4230; shohnahhahlieh@provide.net.

Starry Night: No Matter How Dark It Seems, There Is Only Love, There Is Only Light with Betsy Adams and Shara Lyn El • Nov. 17-18, 11 a.m.-5 p.m. at Crazy Wisdom Community Room • Against a backdrop of profound light and love, the arising forms, beings, expressions of this universe have explored and evolved in a matrix of seeming darkness of ego separation and lovelessness. It is just a big experiment in which we've all chosen with our free will to explore what it is like to feel separate from what we really are: love, light, one, God, source. This workshop will explore the "starry night" – the perceived universe of duality, and how to move beyond the veils of illusion as we journey home. $85 for one day; $150 for two. Call Shara Lyn El at 369-6071 or Betsy at 475-4230; shohnahhahlieh@provide.net.

The Divine Flow of Creation: Giving and Receiving with Betsy Adams and Shara Lyn El • Dec. 8, 11 a.m.-5 p.m. at Crazy Wisdom Community Room • The feeling tones of love permeate the universe in each and every moment, even during seasons of perceived "darkness". As we approach the shortest day of the year, it's the perfect time to explore what needs to be released prior to the new light codes arriving during Winter Solstice, impregnating the Earth with a new cycle of growth to be birthed at Spring Equinox. Discover what needs to be done in preparation as well as to feel the winter months as a time of divine gestation, to be birthed in the new spring. $85 for one day. Call Shara Lyn El at 369-6071 or Betsy at 475-4230; shohnahhahlieh@provide.net.

Creating Co-Powerment Workshop I: Empowering Self and Co-Powering Others with Lani Kwan Meilgaard • Sept. 7, 6-9 p.m.; Oct. 7, 1-4 p.m. or Dec. 16, 1-4 p.m. at Crazy Wisdom Community Room • Second anniversary celebration! Going through transitions such as graduation, career change, divorce, moving, recovery, retirement, etc.? This workshop includes a priories exploration, inspiring activities, and empowerment coaching in a small group setting to help you make your goals become reality! $50-$75 sliding scale. Call 973-1283; heavenlybalance@yahoo.com.

Gestalt Experience Workshop in Ann Arbor with Jim Etzkorn and Kathy Clegg • Sept. 21-23; Friday 1-7:30 p.m., Saturday 10:30 a.m.-6:30 p.m., Sunday 11 a.m.-4 p.m. at Crazy Wisdom Community Room • This highly experiential workshop supports personal transformation and teaches the basics of Gestalt, a humanistic therapy focused on heightening awareness of the present moment. Limited to 12. Appropriate for psychotherapists and those seeking personal growth. Application required before Sept. 15 at www.gestaltcleveland.org/pw-introductory.php. $295. Call Jim at 913-9761; jimetzkorn@comcast.net.

The Journey Intensive Weekend with Skip Lackey • Sept. 22-23 • Get to the root cause of any longstanding issue, allowing complete physical and emotional healing. Discover the incredible, even miraculous, healing potential of your own body. $395. For times, call 973-680-0271; usainfo@thejourney.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Sept. 11, Noon-1:30 p.m.; Part 2: Sept. 18, Noon-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Taming Your Inner Critic with Lou Weir of Deep Spring Center • Six Wednesdays, Sept. 5-Oct. 10; 7-9 p.m. • Class will investigate the inner critic to see how it plagues us with self-criticism, doubt or harsh judgment of ourselves or others. Using meditation, psychological exercises, and discussion, we will shed light on this inner coercion. We can bring more compassion and understanding to this area which will lead to more inner freedom. $42 building fee with opportunity to offer dana to teacher. Call 477-5848 or 663-1675; www.deepspring.org.

The Crazy Wisdom Calendar

Personal Growth (continued)

Living as the Light with Cathy DeLauter • Four Tuesdays: Sept. 11, 18, 25, Oct. 2; 7-8:30 p.m. • Be the radiant light you always knew you were, but forgot. Connect with that wiser, higher self that knows we are all light and energy. Through various teachings, group sharing, exercises, and guided meditation, we will transform together to bring in more love and joy into our lives. $15 per class or $45 paid by Sept. 11. Call 678-4900; cdelauter@yahoo.com.

Seals of Solomon Activation, Part One with Karlta Zarley • Sept. 22, 9 a.m.-1 p.m. • The Seals contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each one of us. There are 26 sets of seals. This activation begins with the Unichakra process, clearing the DNA, and opening the first five sets of seals. Refreshments provided. $200. Call 433-9333.

Boundaries I and II Workshops with Karlta Zarley • Nov. 17, 9 a.m.-1 p.m. and 2-6 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. Part I discusses different types of boundaries, how to identify them, and putting and keeping them in plact with emphasis on participants' real life situations. Part II is about energetic boundaries, protection, individual needs, and practicing good boundary hygiene. Bring a lunch or you may go out. $75 each workshop. Call 433-9333.

Are You Grounded? Class with Karlta Zarley • Oct. 10, 7-9 p.m. • Do you lose things? Are you as effective in your activities as you would like? Are you easily distracted? Do you really know what being grounded means? We will discuss three aspects of being grounded, learn how to tell if you've become ungrounded, and learn meditations to help you ground yourself quickly. $30. Call 433-9333.

Basics of Manifesting with Karlta Zarley • Oct. 20, 9 a.m.-1 p.m. • Why are some things easy to manifest and others aren't? How do you know if your intention statement is even right? Are you doing all the right things to maximize your creative process? This class covers the basics and provides time to practice bringing your heart's desire into existence using the synergistic energy of the group. Light refreshments provided. $75. Call 433-9333.

An Introduction to the (W)hole Point with Elizabeth Alaya Chadwick • Oct. 3, at Crazy Wisdom Community Room • Hear Alaya's personal stories of how she came to birth the (W)hole Point Institute, a model of healing and transformation. The Wisdom WAY not only weaves together psychology and spirituality into a dynamic invitation to embrace (W)holeness, but also reveals how to uncover your particular portals to embodied (W)holeness. Free. For times, call Yoshiko Hill at 358-4148; yhcain@yahoo.com.

Life Transformative Solutions with Ramesh Narula • Oct. 15-16, 6:30-9:30 p.m. • This course synthesizes the teachings of many teachers, including Deepak Chopra and A Course in Miracles. This comprehensive class will introduce reprogramming the subconscious mind, Ayurvedic principles for eating, yoga asanas, tips to easily meditate, and more to create habits for optimum health and prosperity. $89. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Introduction to Conscious Manifesting with Diana Machnak • Sept. 12, 7-9 p.m.; Oct. 14, 1-3 p.m. • This class teaches responsibility in manifesting, how to remove unwanted blocks to your heart's desire, and how to use the laws of attraction and gratitude to have health, wealth, and wholeness in your everyday life. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Energetic Protection through Intention with Diana Machnak • Oct. 8, 7-9 p.m. • Learn why we feel we need "protection" from attacks outside ourselves. Learn how we can better prepare ourselves from the energetic vibration that creates fear. Free yourself from the limiting beliefs that can paralyze you and keep you from your good. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Conscious Manifesting 101 with Diana Machnak • Nov. 12, 7-9 p.m. • Gratitude is the key to success in manifesting. What a better time of year to express our gratitude than during the month of Thanksgiving. Learn more about the need for higher vibrational energy to support your intentions. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Ann Arbor Ken Wilber Meet-Up Group with Dennis Hunt • Oct. 13, Nov. 3, Dec. 15; 2:30-4:30 p.m. at Crazy Wisdom Community Room • Discuss topics related to Ken Wilber and his integral theories. Specific topics available. $5 suggested donation. Call 658-7619; dhunt98@earthlink.net.

Soul Stories with Gloria Marshall • Sept. 19 on "Manifestation"; Oct. 26 on "Completion"; Nov. 30 on "Releasing"; 7-9 p.m. • Gloria will do a "soul reading" for each participant in the form of a story that comes forward for you to explore. This is a story that is written on the walls of your heart, told so that you can read it. It will connect you with some aspect of your Self that your soul wants you to be aware of. Each date will explore the specific intention noted. $10. Call 332-4666; gatewayscenter@hotmail.com.

Letting Go of Anger with M. Brady Mikusko • Sept. 26, 6:30-8:30 p.m. • How much energy and time do you waste being angry? As many of you know, anger can be debilitating and affects our health, our heart, our relationships, our ability to think and reason. The consequences of holding on to anger are enormous. This workshop will be practical, offering new approaches to releasing anger. $65. Call 747-8240; www.bradymikusko.com.

Life Transformative Solutions Workshop: Choosing Creativity, Adventure, and Affluence Rather Than Mediocrity with Ramesh Narula • Sundays, 8:45 a.m.-5 p.m. • A spiritual and practical process for transformation to achieve full potential. $100. Call 424-9139; rameshnarula1@yahoo.com.

Prayer

Contemplative Prayer with Visitation Staff • Every Monday, Noon-12:30 • All are welcome for a half-hour of centering prayer in which participants pray together in silence, striving to simply open themselves to God without words or images. Free. Call 734-242-5520; visitation@ihmsisters.org.

Praying with Body, Mind, and Spirit: Moving through Loss with Janene Ternes • Nov. 17, 9 a.m.-2 p.m. • Whether we have experienced the loss of loved ones, health, employment or abilities as we age, our Christian faith calls us to healing and acceptance. Using scripture, guided meditations, journaling, music, and body movement, we will learn to interpret our losses in the context of the death, resurrection, and ascension of Christ. Basic movements will be taught that can be done by anyone, regardless of experience or physical limitation. $22. Call 429-7754; prayerinmotionjt@aol.com.

Praying with Body, Mind, and Spirit: Moving through Advent with Janene Ternes • Dec. 1, 9:30 a.m.-3:30 p.m. • As we begin to get caught up in the busyness of the holidays, it's good to stop for awhile and reflect on the season we are preparing to celebrate. All are invited to relax, unwind, and experience a new dimension in personal prayer using your body, mind, and spirit to pray with scripture, guided meditation, and music of the season. Basic movements will be taught that can be done by anyone, regardless of experience or physical limitation. $40 includes lunch. Call 429-7754; prayerinmotionjt@aol.com.

World Day of Prayer with Renaissance Unity • Sept. 12, 7 p.m. Opening service; Sept. 13, 7 p.m. Closing service • Join with us as we envision a world radiant with life, overflowing abundance, and a true peace within every heart and soul. Our chapel will be open for silent prayer from 7 p.m. on Wednesday to 7 p.m. on Thursday. Call 586-353-2300; info@renaissanceunity.org.

Professional Enrichment

Belavi Facelift Massage Teacher Training with Nina Howard through Bellanina Institute • • For graduates of Belavi Facelift Massage seminars. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call 800-235-2844 or 747-7661; info@belavi.com.

Build Your Practice with Ann Jones • Sept. 29, 10:30 a.m.-1 p.m. at Crazy Wisdom Community Room • We will explore how to increase or retain your clients and develop new directions for our practice. We will explore the STEP approach, which clearly defines your service, establishes your themes to attract clients, develops an effective process to manage your business, and creates a plan to be more successful. $50 includes workbook, plan for your business, and free consultation after the workshop. Call 972-1533; ann@buildyourpractice.net.

Advertise Your Practice with Ann Jones • Nov. 3, 10:30 a.m.-1 p.m. at Crazy Wisdom Community Room • Want to know what advertising opportunities there are in Washtenaw County? How about a cost comparison? Explore what you hope to gain from advertising and which ads are most attractive to clients. Please bring in three ads that you are personally attracted to or would buy from. $50 includes a workbook. Call 972-1533; ann@buildyourpractice.net.

Accelerated Healer Development Program with Eve Wilson • Begins in October and meets alternate weeks for one year • Legal international healer practitioner certification. Aura reading/healing, DNA, soul contracts, physical, emotional, mental, and spiritual healing for people, animals, and the planet. Deep transformational healing treating the cause of disease as well as the symptoms. $2,650 in advance or $2,800 pay as you go, includes five healing treatments and all class materials. Call 248-545-3928; evew@spiritualhealers.com.

Distractions and Seductions: Was That the Doorbell I Heart? with Karen Williams and Diana Kardia • Nov. 11, 1-4 p.m. • Do you find yourself checking and rechecking stocks or the latest news on the internet, or thinking about lunch, or finding more and more things to clean on your desk, or realizing that you need to make a shopping list NOW, when you actually intended to be working? Or do you find yourself spending inordinate amounts of time on fascinating but not directly significant aspects of you work, thus negatively impacting the amount of time you spend on the significant aspects? Come find out how to identify and work with these distractions and seductions in such a way that you can keep your sanity, satisfy your inner child, and still maximize forward movement in your work or chosen task. $30. Call Diana at 358-3698; info@ragingmagmalife.com.

Reiki

Reiki with Clare Sheufelt at Crazy Wisdom Bookstore • Sundays, 2-5 p.m. • Reiki treatments/sessions will be offered. Reiki is a relaxation technique that allows the human system to take a pause and regain its strength. $1 per minute. Call 517-536-4948; clare-jean@peoplepc.com.

Reiki I with Jenni Flowers • Sept. 15-16 or Nov. 11-12; Saturday 4-7 p.m. and Sunday 1-3 p.m. • Learn how to access universal life force energy for healing others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. You will receive an attunement to align with the Reiki energies, learn the history of Reiki, basic hand positions, and practice on yourself and classmates. $89. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Nov. 5, 10-4 p.m. • As an individual who provides direct care to others, keeping rejuvenated and grounded each day is challenging. In this one-day workshop, attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, and tips for application in the care provider setting. Attendees receive the Reiki Level I attunement, a technique guidebook, and certificate. Class size is limited. $100 includes light vegetarian lunch, snack, and technique guidebook. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Oct. 1, 10-4 p.m. • This level II workshop is designed for individuals who provide direct care to others. Reiki I training by a Reiki Master (Usui) is a prerequisite. Attendees learn the symbols for Reiki Level II, techniques for distance work, and receive the energy intensifying level II attunement. Tips for application in the care provider setting are also discussed. Attendees receive the Reiki Level II attunement, a technique guidebook, and certificate. Class size is limited. $150 includes light vegetarian lunch, snack, technique guidebook, and supplemental manual. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Reiki Circle with Ann Zalek • Oct. 1 or Nov. 5, 4:30-6 p.m. • For anyone who is attuned in Usui Reiki I, II, III or Master/Teacher, this circle is designed to provide support to the Reiki community by offering networking, practice sessions, and sharing. Space is limited. $5 donation or a snack to share. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Oct 17, 7-9 p.m. • Suzy speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Sept. 28-30 or Nov. 9-11; Fridays 7-9:30 p.m., Saturdays 9:30 a.m.- 4 p.m., and Sundays 9:30 a.m.- 12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 12-13; Fridays 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 22-23 or Dec. 8-9; Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 17-18; Saturday 6-10 p.m., Sunday 10 a.m.-6 p.m. • In this workshop, traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. $230 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 6, Oct. 4, Nov. 1, Dec. 13; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Salons

Crazy Wisdom Bookstore Salon: Fall 2007 – Bringing Home the Global Village • 7:30 p.m. at Crazy Wisdom Tea Room • Please join us for the fifth season of the Crazy Wisdom Bookstore Salon as we explore the relationship between our local Ann Arbor community and the interconnected global arena. We have an amazing group of highly articulate community leaders who will share with us their perspectives and invite your participation in this discussion about the nature of our community and its place in the evolving and ever changing national and international network. All are welcome. No cost. For more information, call 665-2757; info@crazywisdom.net.

Sept. 27 • Nurturing a Local Living Economy in an Era of Globalization with Paul Saginaw, founder and president of Zingerman's Enterprises; Bill Zirinsky, co-owner of Crazy Wisdom Bookstore; and Lisa Dugdale, executive director of Think Local First

Oct. 18 • Weaving the Connections between Local, National, and Global Networks with Roger Newton, president and CEO of Esperion Therapeutics, Inc. and Karl Pohrt, owner of Shaman Drum Bookstore

Nov. 15 • The Global Village Here in Ann Arbor: Stories of Arrival and Integration with Sara Al-Rawi, ND, MPH, Naturopath, clinical researcher at Complementary and Alternative Medical Research Center, U of M; and Xiaofeng Zhou, manager of safety and risk management at Pfizer, Inc.

Shamanism

The Heart of the Maya: Mysteries of the Maya Revealed I with Shara Lyn El of Solar Spirit • Oct. 1, 7-9 p.m. at Crazy Wisdom Community Room • For centuries, the Mayan culture has remained an enigma. Many things have come to light, but much remains veiled in mystery. This is the first of a series of classes in which the Heart of the Maya will be revealed. $15 suggested love offering. Call 369-6071; sharalynel@comcast.net.

The Heart of the Maya: Surfing the Waves of Change – Feeling and Healing Your Way through the Shift of the Ages with Shara Lyn El of Solar Spirit • Oct. 6, 11 a.m.-5 p.m. at Crazy Wisdom Community Room • Shara will share the deeper meaning and purpose of the "earth changes" and help you understand the multi-leveled shifts you may experience as we move through the shift of the ages. Learn how to "surf the waves" of change with grace and ease as they arise and you begin to open to that which lives you. $80. Call 369-6071; sharalynel@comcast.net.

The Heart of the Maya: Mysteries of the Maya Revealed II with Shara Lyn El of Solar Spirit • Oct. 22, 7-9 p.m. at Crazy Wisdom Community Room • This is the second in an ongoing series of classes in which the Heart of the Maya, their beliefs and practices, as well as the depth of their service to the earth mother will be revealed. Each class will be complete in and of itself. $15 suggested love offering. Call 369-6071; sharalynel@comcast.net.

The Heart of the Maya: Mysteries of the Maya Revealed III with Shara Lyn El of Solar Spirit • Nov. 12, 7-9 p.m. at Crazy Wisdom Community Room • This is the third in an ongoing series of classes in which the Heart of the Maya, their understanding of time-space and evolutionary spirals of creation, will be revealed. Each class will be complete in and of itself. $15 suggested love offering. Call 369-6071; sharalynel@comcast.net.

The Heart of the Maya: Mysteries of the Maya Revealed IV with Shara Lyn El of Solar Spirit • Dec. 3, 7-9 p.m. at Crazy Wisdom Community Room • 2012 is not about the end of the world. It is the completion of one spiral of evolution and the movement through the gateway of time-space to the next spiral. The shift of ages, as the Mayans understand it, is about the transformation that takes place within the universe, on all levels, as our sun and galactic center align. This is the fourth in an ongoing series of classes in which the Heart of the Mayan culture will be revealed. Each class will be complete in and of itself. $15 suggested love offering. Call 369-6071; sharalynel@comcast.net.

The Elements as Doorways to Presence: Weekend Experiential Workshop with Taita Iachak Alverto Taxo • Nov. 3-4, 10 a.m.-4 p.m. • Through simple practices of connecting with nature and the elements, we learn to come present to ourselves, our hearts, and our world, and how to flow with the circumstances of our life while radiating harmony. $350 or $300 if paid by Oct. 1. Individual energy harmonizing ceremonies are $100. Call Helen Slomovits at 665-0409; helens22@comcast.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda of Spirit Weavers • Sept. 8, 11 a.m.-5 p.m. in Grand Ledge • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit or 'non-ordinary' reality to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $70 or $60 prepaid. Call 517-543-6754; spiritweaver@voyager.net.

Shamanism Introduction: Healing and Empowerment with Kate Durda of Spirit Weavers • Oct. 27, 10 a.m.-5 p.m. in Midland • Shamanism is an ancient and powerful spiritual healing practice utilized throughout history to restore spiritual and physical health, balance, and self-knowledge. This is an experiential workshop, based on the "core shamanism" approach – those aspects of shamanism common cross-culturally and central to all shamanic practice. You will receive an introduction to shamanism and will begin to learn how to incorporate shamanism into daily life, including methods of "journeying" to discover. $75 or $65 prepaid. Call 989-837-1885; www.spiritweaver.net.

Shamanism Lecture: The Path of Healing and Empowerment with Kate Durda of Spirit Weavers • Sept. 19, 6-8 p.m. in Midland • Specific shamanic healing methods and their relationship to other popular healing modalities used currently will be discussed. Find out how "soul retrieval" can powerfully help a person who has experienced post-traumatic stress disorder and how extraction can assist with physical pain, energy leaks, and disruption of the chakra energy. This wll be a lecture/discussion/experiential session with time for questions. $15. Call 989-837-1885; www.spiritweaver.net.

Medicine for the Earth: Restoring Healing to Self and Environment with Kate Durda • Oct. 7, 9:30-5 p.m. or Oct. 20-21 in Trenton • One day introduction to this life-changing work based on *Medicine for the Earth* by Sandy Ingerman. You will learn how to transform personal and environmental energy blockages and pollution, explore alchemy, and practice a spiritual methodology that fosters the creation of miracles. This work is focus of a recent U of M integrative healthcare study on the effects of this methodology upon the health of heart attack survivors. For the weekend in Trenton, there will be a fire ceremony Saturday night and transfiguration healing ceremony on Sunday. $110-$130 sliding scale. Call 416-5200; info@bodyworkshealingcenter.com or spiritweaver@voyager.net.

Advanced Shamanic Healing Methods Course with Stephanie Tighe, assisted by Kate Durda of Spirit Weavers • Monthly starting Sept. 22-23 and ending May 3 (14 days of training over 9 months) • Comprehensive, experiential training in advanced shamanic healing methods in a small, intensive, ongoing group. We will include soul retrieval, plant spirit medicine, extraction, restoration of lost power, working with those who have died or are in the dying process, and deposession. We will also cover other spirit directed techniques, ethics, establishing a healing practice, sensing energy, shifting energy, and how to help your clients to receive healings. Also use of ritual tools, regalia/masks, and creating your own personal tools, including rattles. For cost, call 517-543-6754;; stephanietighe@gmail.com.

Four Arrows Ceremony: Free Public Event with Tlakaelel • Oct. 6, 11 a.m.-3 p.m. • Ceremony presented by Toteca-Chichimeka elder, teacher, heir, and guardian of the oral tradition, sponsored by Peace Education Center in East Lansing and Spirit Weavers. Donations accepted to cover cost of Tlakaelel's travel. Call 517-543-6754; www.spiritweavers.net.

Munay-Ki: Nine Rites of Initiation with Lorna Brown and Ann Bradley • Oct. 17, 24, Nov. 14, 21, 28; 7-9 p.m. • The Munay-Ki are the nine great rites of initiation of the medicine way, originally transmitted through the Inca shamen of Peru. They are the nine gates that heal us and transform our human energy field into that of who we are becoming. $25 per session. Call Lorna at 428-8748; starlab6@aol.com.

The Crazy Wisdom Calendar

Spiritual Development

A Course in Miracles with Lorraine Coburn • Sept. 19, Nov. 14; 7-9 p.m. at Crazy Wisdom Community Room • Learn the basic principles of A Course in Miracles in an informal discussion with the author of *Breaking Free – I'm Going Home: How Forgiveness and A Course in Miracles Can Set You Free*. Free. Call 677-6644.

A Course in Miracles Study Group through Interfaith Center for Spiritual Growth • Mondays, Sept.-Dec.; 6:45-8:45 p.m., excluding holidays • All invited to join a group reading and discussion of this popular Foundation for Inner Peace book. Includes study materials and text. Free with donations accepted. Call Dave Bell at 327-0270; dave@interfaithspirit.org.

Musing over Mugs with Mary McDevitt of Visitation North • First Saturday of Oct., Nov., Dec.; 10 a.m.-Noon • A gathering of women who wish to share the grace and challenges of their lives within a faith setting. Freewill offering. Call 248-433-0950; visitationnorth@ihmsisters.org.

What's Right with the Catholic Church? with Margaret Brennan of Visitation North • Nov. 1, 9:30 a.m.-3:30 p.m. • Reclaiming the vibrant substance of the Faith from the "beige Catholicism" of a post-conciliar era. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Beyond the Beginnings with Centering Prayer with Mary Ann Flanagan of Visitation North • Sept. 29, 9:30 a.m.-3:30 p.m. • This day will provide an understanding of what gradual transformations are possible as a result of God's work in us. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Safe and Sacred Space: Lay Ministry Support with Mary McDevitt of Visitation North • Every second Thursday of Sept., Oct., Nov., Dec.; 6-7:30 p.m. • Lay ministers are invited to share their call to ministry, its challenges, and opportunities. Freewill offering. Call 248-433-0950; visitationnorth@ihmsisters.org.

The Practice of Solitude: Discovering Yourself in a World of Nonsense and Noise with Annemarie Kidder of Visitation North • Oct. 20, 9:30 a.m.-3:30 p.m. • We will look at the historical roots of this spiritual discipline and engage in exercises that foster solitude. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Caring for Creation as a Spiritual Call to the Next Generation with Martha Rabaut and Nancy Seubert of Visitation North • Dec. 1, 9:30 a.m.-12:30 p.m. • This mini-retreat is especially for parents and catechists who desire to nurture care for creation as a dimension of spirituality. $20. Call 248-433-0950; visitationnorth@ihmsisters.org.

Directed Retreat: Falling Into the Arms of God with Mary McDevitt of Visitation • Sept. 2 at 7 p.m. through Sept. 8 at Noon • The retreat follows a pattern of solitude, prayer, contemplation, and meeting with the retreat director. $325 residents; $275 for commuters. Call 734-242-5520; visitation@ihmsisters.org.

Ever Ancient, Ever New: Luke/Acts as a Model for the Contemporary Church with Mary Dumm through Weber Center • Sept. 14 at 7:30 p.m. through Sept. 15 at 4 p.m. • The Church of Luke and Acts faced struggle and change as it proclaimed the Good News. The Church today faces similar challenges. How can we, as the church, hear the ancient story as a guide to respond to our present circumstances? How shall we, as the assembly of God, bring the Gospel to our world? $125 single occupancy; $100 double; $75 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

The Spirituality of Thomas Merton with Rev. Patrick Collins through Weber Center • Sept. 21 at 7:30 p.m. through Sept. 23, 1 p.m. with Saturday evening concert • The spirituality of Thomas Merton, a great spiritual master, will be the focus. Four themes will be presented: the journey from the false to the true self, contemplation, prayer, and the desert experience of solitude and silence. $200 single occupancy; $125 double; $100 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

The Journey into Deep Time: Be Amazed with Esther Kennedy through Weber Center • Oct. 5 at 7:30 p.m. through Oct. 7, 1 p.m. • The Universe as Story will be the context and source of revelation for this weekend. We will consider the basic patterns and powers woven into the universe and how they are manifest in our lives and relationships. We will meditate, walk the labyrinth, dance, and sing our journey. $200 single occupancy; $125 double; $100 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

A Woman with a Story...Mark 14 with Anneliese Sinnott and Patricia Benson through Weber Center • Dec. 7 at 7:30 p.m. through Dec. 9 at 1 p.m. • Spend a weekend probing the story of the woman in Mark 14. The weekend will include a reflective viewing of the text from varied perspectives and approaches, reflection time, and opportunities for group sharing. The process used will reflect our experience with the Dominican women theologians of Latin America. $175 single occupancy; $125 double; $100 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Spiritual Practice in Daily Life with Barbara Brodsky and Aaron (channeled) of Deep Spring Center • Six Wednesdays: Oct. 24, 31, Nov. 14, 28, Dec. 5, 12; 7-9:30 p.m. • We are spirit in a body. We have many habit energies that obscure our true nature. Many traditions address the purification of these habit energies. We will work with our dharma practice, side by side with the Jewish practice of Mussar and will read *Climbing Jacob's Ladder*. $42 building fee with opportunity to offer dana to teacher. Call 477-5848; www.deepspring.org.

Grounding Spirit Networking Group • Sept. 27, Oct. 25, Nov. 29, Dec. 13; 6:30-7 p.m. networking; 7-9 p.m. meeting • The mission of Grounding Spirit is to assist and promote spiritually- and metaphysically-based services, and to create greater community visibility and awareness through mutual sharing. Our desire is to support the journey of those wanting to explore both their human and spiritual natures. $10 per meeting or $60 annual membership. Call Lorna Brown at 428-8748; starlab6@aol.com.

Meeting for Worship for Healing and Laughter with Richard Lee • Oct. 13, 9 a.m.-4 p.m. • This workshop will expose participants to the healing traditional Quaker practice and be a space for joy and laughter. It will look at other healing practices, including those in the Mennonite and Amish traditions. $10-$25 as able includes beverages and snack. Bring a lunch. Call Elaine Economou at 475-1892; manager@michiganfriendscenter.org.

Stress

Stress Management with Diana Christoff Quinn sponsored by People's Food Co-op • Dec. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Chronic stress has been linked to many forms of physical illness. In this class, we will discuss the mind-body connection and the effect of stress on the body, stress management techniques, and natural therapies to reduce stress. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Holistic Solutions for Managing Diet, Stress, and Organization with Lynn Burns and Lori Drouillard • Sept. 11 and Oct. 5, 7-8:30 p.m. at Crazy Wisdom Community Room • This seminar will include a presentation of holistic methods to managing a stressful life and/or ADD through nutrition, meditation, and goal based time management. We will discuss setting goals, learning to slow down, and healthy eating for a vibrant life. Includes worksheets and interactive activities. $25. Call Lynn at 260-7989; inspired2health@comcast.net.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Sept. 28, 11-12:30; Part 2: Oct. 5, 11-12:30 • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Sufi

A Celebration of Rumi with Various Performers • Sept. 7, 7 p.m. at Ann Arbor Public Library • Local lovers of Rumi's poetry, both Persian and American, give a many-faceted presentation of his work through poetry, storytelling, dance, and music. Audience members encouraged to bring their favorite Rumi poem to share at the end of the evening. Performers include poets Hosain Mosavat and Domenic Tamborriello; musicians Laszlo Slomovits, Laurel Federbush, Lisa Warren, and Sepideh Vahidi; storytellers/reciters Ahmad Baratloo and Mahmoud Moallemian; and dancers Shirley Axon, Nancy Heers, Diane Macauley, and Linda Sinkule. This is a free, "pre-event" leading up to the RumiNations 800 celebration (see listing below). Free. Call 327-4265; gemini2200@comcast.net.

RumiNations800: A Rumi Celebration! with Coleman Barks, Robert Bly, and others • Sept. 28-30 • A weekend celebration of the 800th birthday of Jelaluddin Rumi, 13th century Persian Sufi mystic, considered by many to be the world's greatest poet of spiritual life. In recent years, through the work of many translators, Rumi has become known for his magnificent poems on timeless themes of love, inner wisdom, and the spiritual journey, as well as peace and mutual respect between religions and nations. For costs, call Domenic Tamborriello at 734-649-7092; www.ruminations800.com.

Sept. 28, 7 p.m. • Canadian filmmaker Tina Petrova's docudrama "Rumi – Turning Ecstatic" followed by a Q&A session with the filmmaker. Also includes a performance by Tamir from NYC of dramatic readings and dance interpretations of Rumi. $25 or $15 students at Rackham Auditorium.

Sept. 29, 7 p.m. • Poetry reading with Coleman Barks and Robert Bly, accompanied by musicians David Darling on cello and Marcus Wise on tablas. $50 premier seating, $30 general or $20 students at Rackham Auditorium.

Sept. 30, 1 p.m. • Closing program includes talks by Robert Bly and Coleman Barks about Rumi's writings on peace, as well as presentations by local musicians, poets, and dancers. $25 or $15 students.

Sufi Circle: Sufi Healing, Meditations, and Whirling with Bapak Waleed • Sept. 16, Oct. 21, Nov. 18, Dec. 16; 4 p.m. • An evening of joy, divine remembrance, and whirling! Evening will consist of Rumi music, silent meditation, open whirling, and a Naqshbandi Sufi Dhikr-Healing session. Free. Call BODY-MIND-SPIRIT at 945-8602; staff@bmswc.com.

Tai Chi & Martial Arts

Wu Style Tai Chi Chuan with Sifu Genie Parker • Sun. 4 p.m., Mon. 6:30, Tues. 5:30, Thur. 6:30 • Wu style tai chi chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $40 per month for one class per week; $65 per month for two classes per week. Call 248-229-1060; www.wustyle-annarbor.com.

Martial Arts Body Conditioning Seminar with Cinda Hocking • Sept. 6, Oct. 4, Nov. 8, Dec. 6; 7-8:30 • Get fit while learning basic Kang Nei Chin Kung Fu strikes, kicks, stances, and moving exercises. All fitness levels welcome. $20 for one. $75 for all four. Call 332-3393; info@kungfumichign.com.

Martial Arts Medicine Seminar with Ryan Wilson • Sept. 22, Oct. 27, Dec. 15; Noon-2:30 • This seminar is designed for those students who want to specialize in energy enhancement but do not want a martial focus in their training. All are welcome. $100. Contact info@kungfumichigan.com.

Photo by Lisa Leutheuser

Genie Parker has trained and taught Wu style Tai Chi Chuan for over 18 years.

What do you most love about your work as a Tai Chi instructor, and/or what do you love most about doing Tai Chi?
I think it has something to do with watching other people begin to feel and experience the same things that I do when training Wu style. The sense of well-being, of having accomplished things I never thought I could do - physically, mentally, and emotionally - and the gratefulness for being able to improve my health while having so much fun. I'm a better person than I was before I-started training - and I clearly love the way Wu style makes me feel. The martial aspects are almost like icing on the cake - in the sense that what you learn when trying to stay calm and centered when someone is attacking you takes you beyond what you could have ever imagined in terms of peace of mind.

What's the most meaningful book you've read in the last five years?
Certainly Rimpoche Nawang Gehlek's Good Life, Good Death - Tibetan Wisdom on Reincarnation - with a foreword by H.H. the Dalai Lama - is among them. And the fact that he lives and teaches the public here in Ann Arbor on a regular basis is extraordinary.

What was the most fun thing you did this past summer?
This might sound insincere or self-serving, but I truly had a blast when I went to Singapore and Hong Kong with some other Wu stylists. My Sifu, Grandmaster Eddie Wu Kwong Yu, plans wonderful trips to the Orient every couple of years - to visit and train at various Wu style schools around southeast Asia, as well as see the sights and enjoy ourselves. This year I also competed for the first time ever in a tournament in Singapore with over 100 other Wu stylists from around the world. I came home with lots of new friends, two silver medals, one bronze, and a trophy for 2nd runner-up for women. And I was the only American on the whole trip! I was terrified, but everyone was so nice to me, and so encouraging; I had a truly great time.

Closer to home, the most fun thing I did all summer long, and continue to do, is to spend as much time as I can sitting on the front porch of my tiny house, enjoying every moment I can, relaxing with my best friend and life partner. It's really a challenge to make time to sit still and think about things and just enjoy life - especially when there are so many crises in the world. I believe in playing hard to be able to work hard - and of course the other way around too. But finding the still points - that's something special.

Have you done Tai Chi in any places or locales that have been particularly memorable?
At the base of Wu Tang mountain in China. Wu Tang is to the internal martial arts as Shaolin is to the rest of Chinese martial arts. Now that was memorable. Again, closer to home - my school was invited this year to demonstrate at Penguicon, the huge Sci-Fi and Computer convention held annually in Troy. That was a lot of fun.

What was the best thing about your childhood?
My father was a colonel in the Air Force, so we traveled all over the world. I was exposed to so many different cultures (including New Jersey as a teenager) - and I loved it. It has given me a true appreciation for being born in the USA - and a true love for all other people and cultures.

Do you ever take a long holiday from doing Tai Chi?
No. I love Wu style way too much. I don't train fanatically - there are days I don't do as much, and days I do very little. But most of the time it just feels too good not to do it.

Martial Arts Rehabilitation: Joint Rehabilitation and Injury Prevention with Ryan Wilson • Sept. 15, Nov. 17, Dec. 1; Noon-2:30 • This seminar is designed for those students interested in energy enhancement and who want to add a personal intensity to their training. Beginners welcome. $100. Call 332-3393; info@kungfumichigan.com.

Tai Chi Chuan Beginner Class with Wasentha Young • Tuesdays and/or Thursdays, Sept. 11-Nov. 1; 7:15-8:30 p.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques. $100. Call 741-0695; www.peacefuldragonschool.com.

Tae Kwon Do with Phillip Kaminski • Thursdays in Sept., 7-9 p.m.; Mondays and Thursdays beginning in Oct., 7-9 p.m. • Tae Kwon Do, a Korean martial art of kicking and punching, is known for its high, powerful kicks. Well disciplined classes focus on both physical and mental aspects of the art. All eligible persons, ages 10 and up, regardless of experience, are welcome. $49 per month. Call 417-6315; phillsteakwondo@yahoo.com.

Indo-Malay "Silat Tradisional" Martial Arts Training with Bapak Waleed • Mondays, Wednesdays; 7-8:30 p.m. • Sessions explore Traditional Silat Training, which promotes mind-body fitness and conditioning, increases mental acuity and focus, and develops martial arts and self protection prowess. First session free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Kembangen (Spiritual Flower Dance) with Bapak Waleed • Mondays, Wednesdays; 6-7 p.m. • Sessions explore spiritual dance, meditation, movement, and healing through body-conscious motions that develop enhanced states of awareness and consciousness. First session free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Kids/Youth Martial Arts with International Silat Federation of America • Tuesdays, 6-7 p.m. • Indo/Malay Martial Arts program for youth to develop self-esteem, self control, self awareness, and self defense. First two weeks free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Martial Arts for Spiritual Warriors: Silat Tuo Minangkabau with Bapak Waleed • Sept. 15, Oct. 13, Nov. 10, Dec. 15; 10-Noon • Workshop explores Traditional Silat Training, which promotes mind-body fitness and conditioning, increases mental acuity and focus, and develops martial arts and self protection prowess. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Western European Swordsmanship Demonstration with Aegis Swordsmanship Academy • Sept. 13 and 14, 4-6 p.m. • Come watch as our instructors and students swordfight! Free. Call Sal Sanfratello at 645-2265; management@aegisconsulting.org.

Basic Swordsmanship Class Orientation with Aegis Swordsmanship Academy • Oct. 15 and 18, 6 p.m. • Learn to swordfight. The class covers self defense and awareness as well as the use of sword and shield. Attending orientation does not obligate you to take the class. Free. Call Sal Sanfratello at 645-2265; management@aegisconsulting.org.

Golden Shield Qi Gong Free Introductory Class and Demonstration with Lori Larson and Ed Jackson • Sept. 23, 4 p.m. • Learn an ancient and rare temple style of Qi Gong. It improves health and longevity using visualizations, herbs, and an easy physical practice. Free introductory class. Call Ed at 323-6135 or Lori at 641-919-2234; lsquared@lisco.com.

Tarot & Divination

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Sundays, 11 a.m.-1:30 p.m., second and fourth Sundays 12-5 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. For more information, call 734-222-9160.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780; johnrhino@comcast.net.

Drop-in Tarot and Astrology Readings with Jillian Kerry • Second and fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. at Crazy Wisdom Tea Room • Jillian uses tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. Call 734-395-4999; jilliankerry@gmail.com.

How to Use a Pendulum: Beginner Level with Anne Duffy of The Connecting Bridge in conjunction with The Lighthouse • Sept. 6, 7:15-9:30 p.m. • Come learn how to solve daily problems and attune to your inner source of wisdom using a pendulum. Class will cover how to "calibrate" the pendulum, properly align to your source, word questions correctly, and what it can and can't do for you. $30 or $25 members. Call Anne at 734-765-5830 or Prachi at 734-449-4381; theconnectingbridge@yahoo.com.

The Crazy Wisdom Calendar

Theater

2007-08 Season at the Wild Swan Theater • $8 child, $10 adult. Group rate available. Call Michelle at 995-0530; www.wildswantheater.org.
American Short and Tall Tales for Grades K-5 • Oct. 18-20
Coming to America for Grades 2-8 • Nov. 7-10
Charlotte's Web for Grades K-5 • Dec. 12-17

Therapy & Support Groups

Embracing Your Inner Family, Voice Dialogue, and Psychology of the Aware Ego with Carole Kirby • Nov. 11, 2-4:30 p.m. • Voice Dialogue, based on the work of Drs. Hal and Sidra Stone, helps you identify the many selves or energies that inhabit your psyche. Each "self" or energy has its own personal history, emotional and physical reactions, and opinions on how we should run our lives. Come discover some of your inner family of selves. Free. Call 424-2797; www.therapy4couples.com.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • One Tuesday per month, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Education, emotional release work, spiritual practice, and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Art Therapy: A Simple Method for Inward Analysis with George Aboud • Oct. 2, 7-8 p.m. • Have you lived through some kind of trauma or emotional event? Come to this thought-provoking and informative class to look into the subconscious mind and learn what information can be revealed from a simple drawing, and how past trauma can be identified and corrected. $15. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Tapestries: A Group for Healing Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • Begins Thursdays on Sept. 6 or 13th, 6-8:15 p.m. • Our successful approach to building and strengthening skills for reducing the distressing impact of sexual trauma includes didactic presentations, discussion, creative/experiential activities, mindfulness practices, and the development of supportive relationships. 15 sessions limited to 8 participants. $50 per session with sliding scale available. Call Anita at 332-0669; www.tapestries4healing.com.

Introduction to Big Mind/Big Heart Workshop with Paul Thielking • Sept. 29, Dec. 15; 1-5 p.m. • The Big Mind/Big Heart process is an innovative approach that integrates the wisdom of Zen Buddhism with Western psychotherapy. This simple, direct process takes us beyond our limited selves to experience our True Nature. Limited to 25 people and open to anyone interested in awakening to a more conscious, fulfilled life. $50. Call 904-4518; paul_thielking@hotmail.com.

Towards Wholeness Process Group with Paul Thielking • Every other Thursday, Oct. 4-May 31; 5-6:30 p.m. • This group is intended to facilitate the process of personal growth and transformation. Through group processing and exercises, we will work to discover and align ourselves with our natural wholeness. $40 per session. Call 904-4518; paul_thielking@hotmail.com.

My Body, Myself: Body Image Workshop for Women with Amy Pershing • Oct. 6, 9 a.m.-Noon • My Body, Myself is an experiential workshop designed for women who are, or have been, struggling with weight issues, yo-yo dieting or compulsive eating. Through discussion, writing, and simple movements, participants are invited to challenge negative body talk, lessen guilt and shame, and become more mindful and compassionate toward their bodies. $125 with sliding scale available. Call 668-8585; www.stopcompulsiveeating.com.

Grace Happens: Finding Spiritual Growth in On-line Grief Support Groups with Cendra Lynn • Oct. 9, 7-9 p.m. at Crazy Wisdom Community Room • GriefNet's grief support groups have helped people find inner peace after the death of a loved one. We will discuss how trust is fostered in a safe environment and how sharing one's grief with others leads to self-exploration and understanding. $5. Call 761-1960; cendra@digitalrealm.net.

Travel

Maya Journey 2008 with Miguel Angel Vergara and Judy Piazza • Late February-March 2008 • Journey into the Maya world through visits to ancient sacred sites and talks with Miguel Angel Vergara, former cultural director of Chichen Itza, medicine man, and educator. We'll explore the realm of the Maya divine feminine figures along with the fascinating Maya calendar suggesting major planetary/life shifts. Daily devotional song and rhythm sessions on the beach, under the stars, and in community. For cost, call Judy at 248-563-0049; judypiazza@gmail.com.

International EcoTravel Presentation with Will and Joan Weber of JOURNEYS • Oct. 17, 7-8:30 p.m. at Chelsea Library • Find fun, meaning, and adventure by exploring exotic cultures and wild environments. Families welcome. Free. Call Susie at 665-4407.

Womenspirit

Women's Circle Mediation with Kathi Finney • Aug. 29, Sept. 19, Oct. 17, Nov. 14, Dec. 19; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal yourself and others. $10. Call 734-416-5200; info@bodyworkshealingcenter.com.

Spiritual Fertility: Our Lives After Menopause with Debbie Mast of Flowering Tree Lodge • Nov. 3, 9 a.m.-9 p.m. and Nov. 4, 9 a.m.-5 p.m. • Women's fertility is unlimited. As menstruation ceases, our capacity to birth our dreams (our "spirit children") increases. We will explore the evolutionary opportunities of menopause through teachings and ceremony. $150. Call 248-414-5376; ftreelodge@aol.com.

Women's Group with Cia Gabriel • Fridays, 8-10 p.m. • If life feels overwhelming and there is no time or space for you to just be who you are, or if too many crises are hitting you at once, join our women's group! Take a few hours away from the bustle of daily life to focus on YOU. Group members support and coach each other to be our most authentic selves. $30 per week with sliding scale available. Call 662-8335; cynthia@togrow.org.

> When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?
> - Eleanor Roosevelt

The Women's Center of Southeastern Michigan Second Annual Garden Tea Party • Sept. 9, 2-5 p.m. • Featuring the County Connection Chorus. $25. Call Angie at 973-6779; info@womenscenterSEMI.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 25, 11-12:30; Part 2: Oct. 2, 11-12:30 • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Get the Edge: How to Survive the 21st Century Workplace with George Aboud • Sept. 18, 7-8 p.m. • Is it getting harder and harder to get up and go to work each morning and/or are you being asked to do more with less while your compensation is stagnating? Spend an evening learning how you can develop mental momentum and change a difficult situation into one that is challenging and rewarding by learning to react healthily to outside stimulus, learning realxation and healthy stress reduction, developing a high performance mind, and learning how to use affirmations. $15. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Leadership Class Orientation with Aegis Consulting • Nov. 14, 8 p.m. • Learn the necessary skills to lead with intelligence, clarity, and sympathy for your team. Free. Call Sal Sanfratello at 645-2265; management@aegisconsulting.org.

Distractions and Seductions: Was That the Doorbell I Heart? with Karen Williams and Diana Kardia • Nov. 11, 1-4 p.m. • Do you find yourself checking and rechecking stocks or the latest news on the internet, or thinking about lunch, or finding more and more things to clean on your desk, or realizing that you need to make a shopping list NOW, when you actually intended to be working? Or do you find yourself spending inordinate amounts of time on fascinating but not directly significant aspects of you work, thus negatively impacting the amount of time you spend on the significant aspects? Come find out how to identify and work with these distractions and seductions in such a way that you can keep your sanity, satisfy your inner child, and still maximize forward movement in your work or chosen task. $30. Call Diana at 358-3698; info@ragingmagmalife.com.

Writing & Poetry

The Body Shop: A Writing Retreat with Melodie Monahan at Inn at the Rustic Gate • Oct. 12 at 7 p.m. through Oct. 14 at 1 p.m. • We live in a culture that encourages dissatisfaction with our bodies, yet our deepest satisfaction surfaces only in proportion to our appreciation and acceptance of our physical self. This writing retreat provides time for self-reflection and writing exercises designed to enable you to embrace all aspects of your physical body. Through the writing exercises, you will create a multidimensional mirror through which you can view a new of image of yourself. $270-$300 sliding scale includes two nights lodging, meals, and tuition. $125 includes tuition and meals. Call 800-319-5867; rusticgate@starband.net.

Launch Your Writing with Dave Storer • Mondays, Oct. 1-Nov. 19; 7:30-9:30 p.m. • A class to help you establish an effective and satisfying writing habit. In each session, you'll get support for your writing efforts, learn creativity skills to help you through your blocks, and do several useful writing exercises that help you develop your writing skills, learn about yourself as a writer, and provide fertile raw material. Positive, supportive atmosphere. $195. 10% off with a friend. Call 663-5790; d.storer@comcast.net.

Making Peace with the Writer Within with Jeannie Ballew and Sandra Beals • Sept. 27, Oct. 4, 11, 18; 7:30-9:30 p.m. at Crazy Wisdom Community Room • Do you experience near-lethal levels of frustration because you don't start, bog down or don't finish your writing? Do you balk at the publication process? Join us to explore your individual inner barriers, make peace with your fears, and release your creative potential. $200. Call Sandra at 998-3530 or Jeannie at 433-1456; editprose@provide.net.

Yoga

Yoga for Midlife and Beyond with Jacqui Magon at Inn at the Rustic Gate • Sept. 21 at 7:30 p.m. through Sept. 22 at 4 p.m. • Midlife is an ideal time to restore health and vitality in order to soften the aging process by engaging in a yoga practice. This workshop is designed for all levels; no previous yoga experience is necessary and all shapes and sizes welcome. The goal of this workshop is to help you re-connect to our true nature, rekindle your relationship to the divine, and to approach your everyday life with renewed energy. $140-$175 sliding scale includes lodging, meals, and tuition. $100 includes tuition and meals. Call 800-319-5867; rusticgate@starband.net.

Yoga Classes at Harmony Yoga with Karen Husby-Coupland • Early fall session begins Sept. 4 • Yoga classes taught in the Iyengar tradition, for beginners and more experienced students. Gentle Yoga also offered. Small to medium class sizes allow for more personalized instruction. $80 for eight weeks for beginning classes; $96 for all other classes. $15 drop-in. Free trial class. Call 222-9088; harmonyyogaannarbor.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Hatha, Yin, and Kundalini yoga classes offered five days a week. Small class sizes allow for individual attention. Stay for tea after class! For times, dates, and cost, call 761-8409; info@christydeburton.com.

Christian Yoga with Kathy Forgrave through Visitation North • Mondays, Sept. 10-Oct. 15; 7-8:30 p.m. • Sessions include silent prayer, awareness of breath and body, and classic yoga postures designed to allow for deeper connection to Spirit. $10 per session. Call 248-433-0950; visitationnorth@ihmsisters.org.

YogaMoves with Gail Rucker through Om Studio • Sept. 17-Dec. 13: Mondays, Tuesdays, Thursdays; 11 a.m.-Noon • Experience the basics of alignment, attitude and action, yoga philosophy, classical postures, and creative poses. Anusara-style alignment principles, small classes, loving atmosphere. All levels are welcome. $15 for single class, $12 for each class in series of four, $150 for OM card for unlimited Yogamoves classes through December. Call 994-3777; mymoves@aol.com.

Yoga Classes through Inward Bound at Friends Meetinghouse • Various classes offered • Inward Bound Yoga program offers a variety of approaches to the ancient discipline of yoga, including three levels of Hatha yoga instruction pre- and post-natal yoga, ashtanga, special focus classes, and several posture flow classes coordinated with music. Our instructors draw from their experience with many teachers and traditions. For class schedule and information, call Cathy King at 517-592-8017; www.ibyoga.com.

Chi Kung (Qigong): Chinese Yoga with Wasentha Young • Tuesdays, Sept. 11-Oct. 30; 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung Form. Students also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. $100. Call 741-0695; www.peacefuldragonschool.com.

Moving Being: The Ancient Yogas of Tibet with A'tsal Khandro and Tsogyelgar Dharma Center • Thursdays, 7:30 p.m. • The ancient yogic methods of Trulkor exist in both the Buddhist and Shamanic Bonpo traditions of Tibet; in this class, exercises from both systems will be taught. These powerful moving yogas purify the subtle channels and energies of the body, bringing vitality and joy to the body and purifying old habits of mind. When practiced regularly, they awaken mind's wisdom aspect and subtle element energy within the physical body. $65 for eight weeks. Call 663-3842; A-tsal@flamingjewel.org.

Moving Being Workshop: The Ancient Yogas of Tibet with A'tsal Khandro and Tsogyelgar Dharma Center • Oct. 20, 10 a.m.-4:30 p.m. • We will explore the relationship between mind, body and wisdom through the moving yogas of the Buddhist and Bonpo traditions of Tibet. Using body and breath in motion combined with subtle inner visualizations and meditations on the elements, harmony and vibrancy can be restored to body and mind. When body, mind, vital breath, and prana unify within the form of each practice, powerful healing and spiritual energies are awakened. $75. Call 663-3842; A-tsal@flamingjewel.org.

Free Trial Yoga Class at the Yoga Space with Nancy Udow • Sept. 6, 5:45-6:45 p.m. • Come try out yoga to learn to improve your balance, strength, and flexibility, and to learn breathing and relaxation techniques. Classes are taught by experienced, certified teachers who are expert at helping individual students, modifying the poses as necessary. Free. Call Sue at 662-9600, www.yogaspace.info.

Prenatal Yoga with Sue Salaniuk of Yoga Space • Tuesdays, Sept. 11-Oct. 23 and Oct. 30-Dec. 18; 4:15- 5:30 p.m. • The prenatal class is a gentle class suitable for women at any time during pregnancy. Women experience a gentle stretching and strengthening of the spinal and pelvic muscles, learn to make more space for breathing and are taught relaxation, breathing, and self-awareness techniques. $58 for seven week session. Call Sue at 662-9600, sue@yogaspace.info.

Iyengar Yoga Classes with Sue Salaniuk, Sally Rutzky, and Nancy Udow of Yoga Space • Sept. 10-Oct. 27 and Oct. 29-Dec. 22 • Iyengar yoga improves your balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of the individual student. We offer classes for beginners, intermediate, and continuing students as well as an ageless class and a prenatal class, offered daytime, evening, and Saturdays. $58 for 1 hour classes/7 weeks, $77 for 1-1/2 hour classes, $100 for 2 hour classes. Call Sue at 662-9600, www.yogaspace.info.

Ageless Yoga with Nancy Udow of Yoga Space • Sept. 11-Oct. 23 and Oct. 30-Dec. 18; Tuesdays, 9:30-11 a.m. • The gentle stretches and strengthening poses taught in this class help improve posture, balance, and mobility. Nancy adjusts the poses to accommodate the individual needs of students. Meditation and relaxation are also taught. $77 for seven weeks. Call Sue at 662-9600, www.yogaspace.info.

Vinyasa Yoga with Ellen Livingston • Wednesdays, 5:30-6:45 p.m. • This class is appropriate for beginning and intermediate adult students. Deep, steady breathing leads your movements, linking mind and body and keeping you safe as you explore a slow-flowing series of traditional yoga postures. Yoga philosophy is integrated, as well as inspirational music. $15 drop-in or $120 for 10 classes. Call Barb or Sarah at 994-5599; ellen.livingston@global.net.

Vinyasa Flow Yoga with Ellen Livingston of Living Yoga • Mondays, 5:30-7 p.m. • Level I vinyasa flow yoga is moderately strenuous, appropriate for beginners to intermediate level students. Deep, steady breathing leads your movements, linking mind and body and keeping you safe as you explore a slow-forming series of traditional yoga poses. Yoga philosophy is integrated, as well as inspirational music. $108 for eight classes includes raw snack, $15 drop-in. Call 995-0875; ellen.livingston@sbcglobal.net.

Beginnning Yoga (Anusara) with Heather Foster • Tuesdays, 6-7 p.m. • This class is a gentle, slow paced class, which focuses on learning the basics. It will give attention to detail and begin introducing Anusara principles and philosophy. $12 per class or $15 drop-in. Call Ana at 216-4006; www.a2yoga.com.

Anusara 1 with Heather Foster • Sundays, 9:30-11 a.m. • Learn the inspiring principles of Anusara yoga in a clear and supportive environment. This class may include a mix of Vinyasa-style flow and Hatha-style exploration of postures. $12 per class or $15 drop-in. Call Ana at 216-4006; www.a2yoga.com.

Yoga for Athletes with Michele Bond of Yoga House • Wednesdays, 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases the risk of injury, and can aid in healing pre-existing injuries. Explore the role joy plays in peak performance in sports, in business, as well as on the mat. $12 per class or $ 15 drop-in. Call 358-8546; michele@yogahouseannarbor.com.

Introduction to Anusara Yoga with Michele Bond of Yoga House • Tuesdays, 5:45-7:15 p.m.; Wednesdays, 8-9:30 p.m. • For those new to yoga, or new to this system. Anusara brings us universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful and therapeutic, and fun! Begin a journey into the principles and philosophy that can keep you interested for a lifetime. $144 for 12 weeks, or $15 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com.

Yoga Happy Hour: Restorative Yoga with Michele Bond of Yoga House • Fridays, 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10. Call 358-8546; michele@yogahouseannarbor.com.

Anusara Style Yoga: Open Level with Michele Bond of Yoga House • Sun., 7:30-9 p.m.; Tue., 9:30-11 a.m.; Thur., 9:30-11 a.m. and 5:45-7:15 p.m.; Sat., 9:30-11 a.m. • Open level is a mix of new and continuing students, where each individual's unique abilities and limitations are deeply respected and honored. Students work to their own ability level, and poses are modified as needed to optimally benefit each participant. Anusara blends the science of biomechanics with openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $12 per class or $15 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com.

Yoga Vacation in Maedonia, Europe with Ema Stefanova • Sept. 15-22 • Join us for an unforgettable yoga and healing retreat in exquisite Macedonia. Special opportunity to share a relaxed and quiet time at magnificent and ecologically clean lake Ohrid with Ema Stefanova, native of Macedonia. $1,750. Call 665-7801; emastefanova@cs.com.

Yoga for Women's Health with Ema Stefanova • This experimental workshop will focus on classical sequences that have shown to be especially suitable for women. Beginner to advanced practices will be introduced with breath awareness and concentration on specific chakras. For dates, times, and cost, call 665-7801; emastefanova@cs.com.

Yoga vs. Yoga Therapy with Ema Stefanova • This workshop will introduce yoga therapy for common ailments as well as discuss the possibilities yoga therapy offers for chronic and serious diseases. For dates, times, and cost, call 665-7801; emastefanova@cs.com.

Yoga Teacher Certification RYT 200 & RYT 500: Basic–Advanced Levels with Ema Stefanova • Sundays, 12-6 p.m. • A2 Yoga and Meditation is currently the only nationally registered yoga and meditation school in Michigan offering advanced 300 and 500 hour level training. RYT 200s of all paths accepted. For cost, call 665-7801; emastefanova@cs.com.

Gentle Yoga Satyananda Style with Ema Stefanova • Sun., 5-6:15 p.m.; Mon., 6:30-7:45 p.m.; Tues., 11:30-12:30; Wed., 6-7 p.m.; Thur., 9:45-11 a.m. • This holistic yoga class is for both beginners and continuing students of all ages. Classical Satyananda yoga will peacefully energize you and help you establish a solid home practice. Easy-to-do yet powerful postures are presented as sequences with breathing awareness. Traditional deep yogic relaxation and meditation will help you have a healthy body, emotional stability, and heightened mental awareness. The instructor will help you adjust your practice to your own level. For cost, call 665-7801; emastefanova@cs.com.

Yoga and Meditation Retreat at Vivekananda Yoga Monastery with Ema Stefanova • Oct. 12-14 • Take a refuge in holistic Satyananda yoga and meditation, and the peaceful environment and nature at this rustic yoga monastery and retreat. Savor true yoga and delicious food. Revitalize and find inspiration. No previous experience necessary. $295 before Sept. 12; $325 after. Call 665-7801; emastefanova@cs.com.

The Crazy Wisdom Calendar

Spirited Yoga with Sondra O'Donnell of Sun Moon Yoga • Mondays, 6:15; Thursdays, 9:30-10:45 a.m.; Saturdays, 9:15-10:30 a.m.; Sundays, 9-10 a.m. • This Vinyasa-style yoga class uses focused breath with movement through postures to fill you with energy and focus you mentally to feel totally alive. Best for those without major health limitations who want a lively, invigorating practice that builds strength, reduces stress, and calms the mind. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@sun-moon-yoga.com.

Better Backs Yoga with Sondra O'Donnell of Sun Moon Yoga • Mondays, 7:45-9 p.m.; Thursdays, 11-12:15; Sundays, 10:30-11:45 a.m. • This slow-paced restorative class is perfect for beginners and those wanting a restorative, nurturing practice that will release tension and strengthen and maintain the health of the spine. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Preschool Yoga with Sondra O'Donnell of Sun Moon Yoga • Tuesdays, 11-11:45 a.m. • Children discover the beautiful, healthy, peaceful, balanced beings that they are through traditional yoga teachings in the form of stories, games, and songs. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Prenatal Yoga with Sondra O'Donnell of Sun Moon Yoga • Thursdays, 7-8:15 p.m. • Connect with your body, your spirit, and your baby while preparing for the birth experience and motherhood. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Yoga Teacher Certification Program with Sondra O'Donnell of Sun Moon Yoga • Weekend Intensives: Sept. 14-16, Oct. 19-21, Nov. 16-18, Dec. 14-16 with additional homework and observing and assisting public classes • This program takes you on a path of discovery of the history, philosophy, and traditional physical, breathing, and meditative techniques of yoga. This deep study of yoga is taught alongside a thorough study of anatomy and physiology, imbalances and injuries. You will learn the art of tying these basic elements together to be able to present balanced, safe, and effective public classes. Upon completion, students receive certification that meets the nationally respected Yoga Alliance requirements and are eligible for RYT registration. $2,200 with early registration discounts available. Call 929-0274; sondra@annarboryoga.com.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Day, evening, and weekend classes • All levels of classes, including gentle and prenatal, in a beautiful, well equipped studio. $12 per class, $15 drop-in. Call 668-7730; www.yogafocusannarbor.com.

Yoga Class Levels One and Two at Zen Buddhist Temple: Fall sessions beginning the Weeks of Sept. 11 or Oct. 23 • Tuesdays: Yoga One (beginners) 6-7:15 p.m.; Tuesdays: Yoga Two 7-8:30 p.m. or Thursdays: Yoga Two 7-8:30 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with the emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Please register early! $60 for six sessions. Call 761-6520; a2buddha@sbcglobal.net.

Mindfulness Yoga with Rev. Frank Jude Boccio at Zen Buddhist Temple • Sept. 14, 7-9 p.m.; Sept. 15, 9 a.m.-12:30 p.m. and 2-5 p.m. • Through asana, pranayama, and meditation, we will explore the three principles of alignment, relaxation, and resiliency necessary for practicing yoga-asana, as well as for living a life of freedom. They are the three limbs that support the seat of meditation, creating stability and ease. Students welcome to attend one or all sessions. Bring props if needed. For cost, call 761-6520; a2buddha@sbcglobal.net.

Yoga Workshop at Zen Buddhist Temple • Nov. 3, 10 a.m.-4 p.m. • There will be asana and pranayama classes, periods of sitting and walking medtation, yoga talks, and a delicious vegetarian lunch. For cost, call 761-6520; a2buddha@sbcglobal.net.

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There will also be story time with Lily at 4:30 p.m. from books available at Crazy Wisdom.

$6.00* per person includes a pot of delicious tea (free refills), petits fours, cookies, and a party favor. To reserve space please RSVP at least three days before each party.

Bring your own fairy wings, dolls, and friends.

4 to 5:30 p.m., Thursdays
Sept. 20th • Oct. 11th • Nov. 15th • Dec. 13th

*excluding infants 18 mo. and younger

For more info, or to make a reservation call the Crazy Wisdom Tea Room at 734.665.9468 or email our Tea Room Manager Samantha at samantha@crazywisdom.net

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* 3rd Thursdays of each month are available by appointment/space permitting - please call John

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Call 734-327-9568 • in-genius@comcast.net

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734.665.2757• info@crazywisdom.net • www.crazywisdom.net

Teachers, Lecturers, Workshop Leaders and the Centers

aron was "a Buddhist monk and scholar in previous lifetimes. his final lifetime, he was a Vipassana meditation master in the heravadin tradition."

eorge Aboud is an educator, lecturer, certified hypnotherapist and ertified neurofeedback technician. He is a member of the Interna- onal Medical and Dental Hypnosis Association.

inda Adamcz, LMSW, is a certified practitioner of integrative reathwork and psychospiritual integration through Eupsychia nstitute in Austin, Texas, and has worked in the mental health field or over 18 years.

etsy Adams (Shoh Nah Hah Lieh) has worked with animals varied settings for 30 years and is a biologist, homeopath and ntuitive.

egis Consulting teaches adult enrichment classes in martial arts, eadership and outdoor survival.

mily Anhalt has studied dance since she was a child and is cur- ently a student at U. of M.

nn Arbor Institute of Massage instructors are highly trained o assist each student on an individual basis. They are members f the American Massage Therapy Association and are certified y the National Certification Board for Therapeutic Massage and Bodywork.

nn Arbor Kirtan Group members come from a variety of yoga backgrounds and, as a group, do not represent any particular yogic discipline.

Lorie Ausel, MAEd, MSW, has studied esoteric energy and DNA.

Leland Austin, MA, is a Certified Advanced Rolfer and has prac- ticed Rolfing for 22 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for nine years.

Aruna Olga Bachmann is a longtime mantra meditator and student of Jain Master Gurudev Shree Chitrabhanuji. She is also an advanced student of Russian Byzantine Master Iconographer Vladislav Andreyev.

Marliesa Back is an intuitive and Reiki Master offering instruc- tion, workshops, and sessions in intuitive development, interspecies telepathic communciation, and transition and grief support.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher and Certified Transformational Breath Facilitator and has taught connected breathing for over 25 years.

Jeannie Ballew, MA in TESOL, and **Sandra Beals**, MA in Linguis- tics and Language Pedagogy, éach have over 20 years experience teaching, training and editing. Jeannie owns Edit Prose, a company devoted to coaching writers and editing. Both are avid writers.

Don Bennett, DAS, is author of *How to Have the BEST Odds of Avoiding Degenerative Disease* and is a Disease Avoidance Specialist.

Patricia Benson, OP, a Dominican of Adrian, is an experienced spiritual director and retreat leader. She ministers as assistant profes- sor of Spirituality at Ecumenical Theological Seminary in Detroit.

Brett Bevell is an author and Reiki master who teaches regularly at Omega Institute for Holistic Studies in NY and Chapel of the Sacred Mirrors in NYC.

BirthNetwork International, a leading grassroots movement, promotes the awareness and availability of mother-friendly ma- ternity care.

BODY-MIND-SPIRIT is a wellness center that promotes medita- tion, natural healing and inner peace through various mind-body fitness classes and meditative oriented sessions.

Michele Bond is a student and teacher of Anusara yoga. Her yoga practice began in her teens and continues to grow under the guidance and mentoring of John Friend, founder of Anusara yoga.

Michael Bratcher, NCTMB, combines energy work with therapeu- tic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy, and Chinese Energetic Medicine.

Patty Brennan has over 20 years experience working as midwife, doula and childbirth educator. She is founder and Executive Director of Center for the Childbearing Year.

Mary Light has a local healing arts practice, and she is the director of the Gaia Center for Holistic Studies.

What do you love most about your work as an herbalist and healer?

Being able to combine inner gifts, creativity, expression and intuition in a way that truly helps make much needed paradigm shifts is awesome! And offering various teachings in the healing arts, to others, is great fun. I see working with nature and healing as innate life skills that we all possess. We just need to reclaim them and rediscover them, for that is a path to personal empowerment and inner strength.

Were you into herbs, plants and gardens as a little girl?

There is no experience in life that most convinces me that we come into this incarnation with "built in" coding to take on a life path. At the age of 9, I was reading Juliette di Bairclay Levy- the matriarch of our modern herbalism- and Euell Gibbons and Adelle Davis. My father, who had a southern country background, showed me numerous woodland plants, such as bloodroot, jack in the pulpit, buttercups - and trees! I discovered nature spirits at that time. Also, at that age, I went collecting flowers to set out in water- not really knowing why, surely, but pre-saging the time, ten years later, when I learned of flower essences. I am not sure I was so much "into' them, as simply merged with them - we lived in a beautiful, natural area with wildflowers, orchards, and wildlife-it was awhile before I knew of any other kind of world.

What do you remember most fondly about your childhood?

I would say it was that - the world of nature as described above, as well as the time given to children in that era to just "be" and enjoy life. I would play, of course, but often also sit out in our yard and read by the side of a stream that ran through the land, under large shade trees. My brothers, sister- we all had that precious time to just be, with beautiful nature enfolding us. We balanced that with doing fun things in a city - games, amusement parks, museums, concerts, parks. I loved school, too - but in that era we really had our down time.

You live on beautiful land in a lovely part of Washtenaw County. How does living there affect you?

I am so grateful to have been guided to my home, and the home of the healing practice and herb school. I am nourished by this experience, and fortunate to work in a way which allows me to share it with others in meaningful ways. I established Gaia Center as a non-profit this year as a pathway to conserving more land, such as this, for these rich life experiences and learning.

Where is the most beautiful place you've ever been to?

It is truly impossible to single out one place, but this one comes to mind now: when I lived on the Vineyard for ten years, there was a magical place down island, where sheep and land grazed amid salt marshes, with a sweeping view of the ocean beyond. Woodlands, flower meadows and lush cranberry bogs surrounded this picture. Above all, it was quiet- not a highway, or road -sound, existed on this island. This was my pathway to a private beach, and a piece of heaven itself.

Teachers, Lecturers,

Barbara Brodsky is the founding teacher of Deep Spring Center and is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown is a Melchizedek priest, shaman, spiritual coach and healer, and performs personalized wedding ceremonies. She has been presenting workshops on meditation and metaphysics since 1972.

Lynn Burns is a holistic health counselor.

Kapila Castoldi, physicist and artist, has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 20 years. She has taught meditation classes for over 15 years.

Center for the Childbearing Year is a nonprofit educational and charitable agency founded by Patty Brennan.

Elizabeth "Alaya" Chadwick, M.Div., MSW, has been a practicing psychotherapist for over 25 years in an alternative and integrative manner.

Dennis Chernin, MD, MPH, has practiced and taught meditation and breathing for over 30 years, is author of How to Meditate Using Chakras, Mantras and Breath, and practices holistic medicine and homeopathy.

Kelly Clark is a massage therapist and apprentice to the Deer Tribe Sweet Medicine Sundance Path.

Kathy Clegg, MD, is associate faculty of the Gestalt Institute of Cleveland.

Lorraine Coburn, LMSW, ACSW, has been a psychotherapist for over 25 years. She is the author of *Breaking Free – I'm Going Home*.

Stefanie Cohen is a dance/movement artist and facilitator of Authentic Movement with groups and individuals for the past ten years.

Rev. Patrick Collins, PhD, a priest from the Archdiocese of Chicago, teaches, writes, and preaches at retreats and parish missions.

Common Bond Institute is a multidisciplinary, diverse, international pool of over 60 leading presenters.

Judy Crookes is a conscious channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Dance Gallery Studio offers classes for all ages and levels.

Christy DeBurton, RYT, is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Cathy DeLauter is an ordained Interfaith minister and spiritual counselor. Her studies in metaphysics began 25 years ago.

Jeanett De Muir, BS, MSW, MedATR, was founder and director of her own holistic center in NYC. She has been an international healer/counselor for more than 18 years.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support the teachings. It is governed by a Board of Directors with Barbara Brodsky as guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Other Deep Spring teachers have many years vipassana practice and teaching experience with training through the DSC's teacher training program.

Hava Jean Delgado is a creative movement specialist and storyteller, and an apprentice to the Deer Tribe Sweet Medicine Sundance Path.

Lalita Devi, MA, is a clinical ayurveda specialist, faculty member at California College of Ayurveda, and director of the Ayurveda Center at the Sivananda Yoga Retreat in the Bahamas.

Shannon Dicks, DC, received her doctorate in 2002 from Logan College of Chiropractic in St. Louis. She has been practicing in Ann Arbor since 2005.

Lori Drouillard is an ADD coach and organizer.

Anne Duffy, SRT, is a certified Spiritual Response Therapy consultant and certified Natural Health consultant and educator, and has been using muscle testing and channeling for 15 years.

Mary Dumm, DMin, has served for 25 years in various ministries, from youth to adults. She ministers as a Pastoral Associate at St. Blase Church in Sterling Heights and teaches in the Program in Theological Studies for the Dioceses of Lansing and Saginaw.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, educator, developmental psychologist, and co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism.

Michael Dwyer is a certified raw food chef and instructor through the Living on Live Food program. Vegetarian since 1999, he's been 100% raw since 2005.

Dori Edwards, dance director and choreographer of LikeWater Drum and Dance and teacher, has studied West African dance for almost a decade and travels to conferences around the U.S. with intensive studies in West Africa.

Ryan Edwards, experienced teacher of music and folklore and artistic director of Like Water Drum and Dance, has been drumming, performing, and studying for 15 years in the U.S. and Guinea, West Africa.

Rachel Egherman, Massage Therapist and Reflexologist, has been practicing for 15 years and co-owns Head-to-Toe Therapy in Ann Arbor.

Jim Etzkorn, PhD, a psychologist and group therapist in Ann Arbor since 1994, is associate faculty of the Gestalt Institute of Cleveland.

Diane Evans has specialized in the areas of interpersonal and intrapersonal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Susan Fancy is a spiritual practitioner with 13 years as an energy worker, including the human energy field and flower essences, and 12 years of engineering program management for electric and fuel cell vehicles.

Linda Diane Feldt is a local author, teacher, and full time private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology.

Marcia Ferstenfeld, MA, CIRT, is a certified Imago relationship therapist and workshop presenter practicing in Southfield.

Bon Rose Fine has been an avid student of astrology since 1993, and started her practice as a professional nine years ago. She offers private consultations, teaches, writes and lectures, and is horoscope columnist for the *Body Mind Spirit Guide*.

Kathi Finney has studied meditation, astrology, crystal healing, intuitive healing, women's empowerment, and advanced training in Esoteric Healing.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Mary Ann Flanagan, IHM, PhD, is a freelance theological educator. She has been director of Lay Ministry Formation programs and has been associated with Fr. Thomas Keating and Contemplative Outreach for the last 20 years.

Flowering Tree Lodge offers ceremonies and teachings in the Sweet Medicine tradition.

Jenni Flowers is a Reiki Master, massage therapist, and mother of five children.

Kathy Forgrave received her Registered Yoga Teachers certification from Namaste Yoga in Royal Oak in 2001.

Heather Foster is an Affiliated Anusara Instructor whose practice has spanned over 10 years. She is also a dancer and mother of two children.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

John Friedlander is an internationally acclaimed psychic, author and teacher with degrees from Duke and Harvard Law School. He co-wrote *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Melanie Fuscaldo, LPC, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind, and spirit.

Sally Gabany, a spiritual director facilitating retreats, days of reflection and workshops on the labyrinth, has been drumming for many years.

Cynthia Gabriel is a doula and life coach at Growing Together Life Learning Center. She has a Ph.D. in medical anthropology from the University of CA.

Gaia Center for Holistic Studies offers continuing education in beginning and advanced topcis of herbalism in a variety of class formats, held on a medicine farm, in classroom, herb lab, botanical sanctuaries and the outdoors.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Lisa Gayle is a Biodynamic Craniosacral Therapist, a nurse and former high school science teacher who adopted her son in 1990.

Gehlek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey Tibetan Buddhist tradition with wisdom, kindness and wit.

Norma Gentile is a soprano and professional recording artist with a BA and MA in Voice Performance from the U of M, and is considered one of the leading specialists in the performance of Gregorian chants of 12th century mystic and abbess, Hildegard von Bingen.

Ray O. Golden, MSE and Reiki Master for over ten years, trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health and has studied psychic development for over 25 years.

Jocelyn Granger is director and founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive advanced training in Myofascial Therapy, Neuromuscular Therapy, and Sports Massage.

Great Lakes Center for Healing Touch Student Training Clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Cecile Green and **Daniel Little** are owners and operators of Heart and Soul, an Ann Arbor based building and landscaping firm since 2000.

Alice Greminger is a graduate of the Alexander Foundation of Philadelphia and has been teaching since 1985.

Nirmala Nancy Hanke is a long-time meditator who teaches meditation classes at the Lighthouse Center. She is also a psychiatrist who integrates psychotherapy, Reiki, healing and meditation in her private practice in Whitmore Lake.

Kathryn Hannan, BA, NCTMB, is a Nationally Certified Massage Therapist and Bodyworker, graduate of the Ann Arbor Institute of Massage Therapy, trained in Reiki III and instructor at The School of Orthopedic Massage and Bodywork.

Barbara Harvey has over 25 years experience in crafts and quilting and has worked in local fabric and quilt shops.

Kathy Bindu Henning has studied eastern philosophy and meditation for 30 years.

Cinda Hocking, MSW, has been a medical social worker for over 16 years and is a Certified instructor in the arts of Kang Nei Chin at Kung Fu Michigan, Ann Arbor. She is also an Internal Energy Plus consultant.

Workshop Leaders and the Centers

Sean Hogan-Downey, LMSW, LMFT, has had a clinical practice for 30 years. She is also staff consultant and school counselor for Grosse Pointe Academy.

Nina Howard is a Belavi Facelift Massage Specialist, Master Facelift Massage Trainer, massage therapist, paramedical esthetician, polarity therapy practitioner, and owner/director of Bellanina Day Spa and Bellanina Institute.

Ann Hughes has been quilting since 1989. She serves as President and CEO of Adrian Chamber of Commerce.

Dennis Hunt has participated with the Integra Institute and has read most of Ken Wilber's books.

Karen Husby-Coupland is a certified Iyengar yoga instructor teaching since 1999.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional and karmic in nature. She is also a Kabbalist, adept and teacher.

Inward Bound Yoga Program was founded in 1995 by Barb Linderman. Instructors include Janine Bennett, Barbara Brookens-Harvey, Sandy Hines, Cathy King, Martha Laatsch, Marlene McGrath, Lynette Smith, Jonathan Tyman and Roddy Wares.

Liz Nelson Jelinek, MA, LLP, is a licensed psychologist in private practice in Ann Arbor and has been a student of astrology since 1967.

Jewel Heart Tibetan Buddhist Center of Ann Arbor offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner, and include meditation and discussion.

Sheree Johnson, M.Ed., LPC, is a licensed psychotherapist and certified alcohol and drug prevention specialist. Her therapeutic experience in Buddhist Psychology and Gestalt Therapy span the course of 27 years.

Ann Jones, PhD, has worked as an internal consultant for Fortune 500 companies, including the Cleveland Clinic and American Greetings. She wrote *Woman Heal Thyself Guidebook* for the Stillpoint Institute and is owner of Build Your Practice.

JOURNEYS has helped thousands of travelers and hundreds of families cross cultures, suspension bridges, mountain passes, and fields of dreams in more than 60 countries around the world. Founded in 1978 by Will and Joan Weber, they have been awarded Conde Naste's Top Travel Specialists award for the past five consecutive years.

Shaqe Kalaj is an artist who shows nationally and has her BFA from Wayne State, a teaching certificate from Eastern University, and will receive a certificate for creative coaching.

Phillip Kaminski, 4th degree certified master instructor, has 23 years martial arts experience.

Diana Kardia has worked with conflict and dialogue-based principles for over 20 years in academic, business and community settings. **Kevin Meisel** is a marriage and family therapist in private practice for over 20 years.

Sam Keen was educated at Harvard and Princeton, was a professor of philosophy and religion, and a contributing editor of *Psychology Today* for 20 years before becoming a freelance lecturer, seminar leader, and consultant. He is author of 13 books.

Michael Kelly is a member of the Detroit Quaker Meeting and has been a leader in this organization.

Esther Kennedy, OP, retreat facilitator, is director of Spirit Mountain Retreat in Idyllwild, CA.

Lola Kern is a certified Internal Energy Plus consultant.

Thomas Kern is a musician in horn, cello and piano. He has taught as a certified music educator and is a Certified Internal Energy Plus consultant.

Karen Kerns, RPP, RCST, is a registered Polarity Practitioner and has been teaching polarity therapy for ten years.

A'tsal Khandro is a body centered psychotherapist who has studied yogic methods of the Buddhist and Bonpo traditions for 15 years. She is an ordained yogin in the Nyingmapa tradition for seven years.

Annemarie Kidder, PhD, is an IHM associate, associate pastor of the First Presbyterian Church of Ann Arbor, and author/translator of seven books, including two of Rainer Maria Rilke's poetry. Her most recent book is *The Poetry of Solitude*.

Julia King has been a student of yoga since she was a teenager and has been teaching meditation since 1993.

Tony King is a Jewel Heart instructor and a student of Gehlek Rimpoche for 20 years. He works as a research investigator in the Dept. of Psychiatry at U. of M. where he studies the neuroscience of emotion and trauma-related psychiatric disorders, and mindfulness-based psychological interventions.

Carole Kirby, LMSW, has 30 years experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter offering group, couples, and individual therapy.

Klouise is studio owner, artistic director, instructor, and choreographer.

Julie Kouyate has studied West African dance for almost a decade and travels to conferences around the U.S. as well as intensive studies in Africa. She teaches regularly in Washtenaw County and is dance director for Like Water Drum and Dance.

Dave and Pat Krajovic are Nationally Certified Massage Therapists and Certified Transformational Breath Facilitators. They are trainers for the Transformational Breath Foundation and have advanced training in Craniosacral Therapy, Pranic Healing and Esoteric Healing.

Stanley Krippner, Ph.D., is a professor of psychology at Saybrook Graduate School in San Francisco, where he has designed many of the courses in the consciousness/spirituality concentration. In 2002, he received the APA's Award for Distinguished Contributor to the International Advancement of Psychology.

Skip Lackey, based in Boulder, maintains a private practice while lecturing and presenting experiential workshops on cellular healing with The Journey.

Lori Larson has been studying with the Kaishan Institute of Natural Health and training in Kaishan Qi Gong since 1999, and has studied Hatha yoga and transcendental meditation for 28 years.

David Lawson has been teaching vipassana meditation since 1998, exploring ways in which mindfulness and other meditative skills can be brought into everyday life. He also teaches meditation to prisoners.

Richard Lee, a member of Red Cedar Meeting in Lansing, has led workshops and meetings for worship for healing and at the national Quaker conference.

Kelsang Lektso is the Resident Teacher at Vajrayana Buddhist Center in Chicago. Ordained as a nun in 2007, she has studied and practiced Dharma under the guidance of Geshe Kelsang Gyatso for many years.

William (Temperance) LeTourneau is a professional intuitive/reader and Reiki master/teacher.

Frank Levey has been teaching wilderness and nature skills for over 15 years.

Mary Light has maintained a private practice and teaching center in the natural healing arts since 1995. She is director of Gaia School of Herbal Studies and Natural Therapeutics.

The Lighthouse Center is a nonprofit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Like Water Drumworks is a Washtenaw County based group of drummers and dancers specializing in traditions from Guinea, West Africa. They teach and perform in schools and communities across the state.

Ellen Livingston has practiced yoga for over 20 years.

Wendy Longmire-Davis, MFA in Dance, has been teaching dance to children and adults for over 15 years. She also offers Kindermusik.

Cendra Lynn, Ph.D., grief counselor, grief educator, and traumatologist, has been in practice as psychologist since 1973.

Diana Machnak is a Certified Healing Touch Practitioner and Quantum Healing Practitioner/Instructor. She teaches Medical Intuitive/Quantum Healing courses and has over 20 year experience in 12-step recovery work.

Jacqui Magon, MD, RYT, practices holistic medicine in Ann Arbor. She is a registered yoga therapist with certification in Integral Yoga Therapy, Thai Yoga Massage Therapy, and Phoenix Rising Yoga Therapy.

Gloria Marshall holds a BA in English and Sociology, and is trained in Reiki and animal communcation.

Debbie Mast is a 22-year apprentice to the Sweet Medicine Sun-Dance tradition and has taught internationally for 16 years. She is co-leader of the Flowering Tree Lodge and instructor in the Red Lodge shamanic training program.

Mary McDevitt, IHM, DMin, is administrator of Visitation North in Bloomfield Hills. She served as Field Education Director and Associate Professor of Pastoral Theology at Orchard Lake Seminary.

Lani Kwon Meilgaard is a member of the International Coach Federation, a volunteer coordinator for a local reading program and contributing freelance writer to *The Crazy Wisdom Community Journal*. She holds an MA in Creative Writing from the University of Colorado.

Osahmin Judy Meister, ethnobotanist and storyteller, learned about the ways of the Anishinaabe people as an apprentice to Keewaydinoquay, an Ojibwa elder and ethnobotanist.

John and Sylvia Middlebrooks have studied the Sufi path of the heart for the past 25 years. Both are Certified Leaders of the Dances of Universal Peace.

M. Brady Mikusko, is a Certified Life Coach, MA, LMSW, Imago Therapist, mediator and trained Divorce Coach.

Melodie Monahan is certified as a writing facilitator by Amherst writers and artists. She has a PhD in English from the Univ. of Rochester, NY, and currently operates Inkwell Works, an editing company.

Robert Moss is a world authority on dreams, a bestselling novelist, and a former foreign correspondent and professor of ancient history.

Sandra Moss, MSPH, and **Denise Ellis**, RYT, practice ayurveda and panchakarma and are members of the National Ayurvedic Medical Association. Denise is an integrative yoga therapist and teaches AyurYoga in Toledo.

Rebecca Mullen, MSW, is a psychological counselor and dream analyst.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987.

Michael Nagler is professor emeritus of classics and comparative literature at U.C., Berkeley, where he founded the Peace and Conflict Studies Program in which he taught nonviolence and other subjects until his retirement in 2007. He is also founder of METTA: Center for Nonviolence Education. He has lived at the Blue Mountain Center of Meditation ashram since 1970.

Janet Nagy is an elder, ceremonialist and teacher in several traditions and is graduate of Barbara Brennan and Esalen School of Massage.

Ramesh Narula, BSME, MBA, is an experienced facilitator for helping individuals and businesses achieve breakthrough achievements. He possesses a unique background of yoga, meditation, engineering and business experience.

New Moon Midwifery is an active homebirth midwifery practice serving the Ann Arbor and surrounding community.

Nirmala Nancy Hanke, MD, is a long time meditator and Lighthouse member teaching beginning and advanced meditation classes at Lighthouse Center. She is also a psychiatrist integrating psychotherapy, Reiki healing, and spiritual practice with her patients.

Kelsang Norbu teaches at Maitreya Buddhist Center in Ann Arbor. He became on ordained monk in 2006 under the spiritual guidance of Geshe Kelsang Gyatso.

Sandra O'Donnell, RYT, is a certified Registered Yoga Teacher, yoga therapist, and runs the Sun Moon Yoga Teacher Certification program recognized by the Yoga Alliance.

Teachers, Lecturers, Workshop Leaders and the Centers

bin Okun, MSW, Movement Coach and Certified NIA Instruc-, has been practicing mind body healing and movement for 25 ars.

aig Parian trained at the International School of Shiatsu, and interests include yoga philosophy and Third Level Mastery of imalayan Bowl Healing.

Genie Parker has trained and taught Wu style Tai Chi Chuan for over 19 years. She is disciple of Grandmaster Eddie Wu Kwong Yu.

The Pathwork is a spiritual path of self-purification and self-transformation on all levels of consciousness. The teachings emphasize honest self-examination to remove and overcome inner obstacles that keep one from living fully in God-self.

Felix Paulick is a life coach at Growing Together Life Learning Center with an MBA from U. of M., and has studied Gestalt Therapy at the Gestalt Institute of Toronto.

Julie Jeffery Peale is the owner of Body Balance: Hellerwork and Structural Medicine, where she maintains a full time practice. She has studied aromatherapy for three years.

Amy Pershing, LMSW, ACSW, is the Clinical Director of the Center for Eating Disorders in Ann Arbor. She has worked with eating and body image disorders for 20 years.

Judy Piazza is a musician and performer with Ann Arbor Kirtan and Repercussions, and has recorded a cd entitled *Crescent Moon.*

Diana Christoff Quinn, ND, is a Naturopathic physician specializing in women's health, endocrinology and chronic illness, and works with homeopathy, botanical medicine, therapeutic nutrition and lifestyle coaching for ten years.

Martha Rabaut, IHM, has a MA in Theology from Marquette and prepared for spirituality ministry at Loyola, Ontario and at Colombierre Center in Clarkston. She serves on the IHM Earth Alive Committee.

Laura Remy created the interactive form of Vital Cellular Communication and has studied white light Reiki, integrative energy therapy and holographic repatterning.

Jesse Richards is a teacher, recording and performing artist, and workshop facilitator.

Anita Rubin-Meiller, LMSW, and **Dawn McCalla**, LMSW, have been working in the fields of addiction and trauma recovery for over 20 years. The have co-facilitated Tapestries for five years.

Gail Rucker has taught yoga and movement for 35 years and incorporates the principles of Anusara alignment, artistry of expressive movement, Phoenix Rising Yoga Therapy, and Siddha Yoga meditation in her classes.

Merilynne Rush, CM, of New Moon Midwifery is a midwife and grandmother and **Cynthia Gabriel** is an anthropologist, author, and mother of two little ones.

Sally Rutzky is certified by the National Iyengar Yoga Association.

Sacred Song is a multi-ethnic choral group that sings both acapella and with accompaniment on guitar, bass, keyboard, and percussion. The singers, who live locally, believe that the conditions of our times can be improved if we open ourselves to the spirit of loving sister- and brotherhood within us all.

Sue Salaniuk holds a Junior Intermediate III National Yoga Certificate, one level higher than is required in the Iyengar system to be eligible to teach prenatal yoga. She has been teaching since 1988.

Oscar Santillan is a sound healer from a family of indigenous musicians in Ecuador, carrier of an ancient tradition of transformational music and co-founder of the Center for Andean Ancestral Wisdom: Pakarinka Sisari.

Darren Schmidt, DC, ND, received his doctorate from the National College of Chiropractic in Chicago and has been practicing in Ann Arbor since 2002.

Marie Schoonover is a 4th generation healer who has earned Master level certification in Chinese Energetic Healing and Feng Shui. She is a level 3 Reiki practitioner, animal communicator and intuitive reader.

Sara Schreiber, Ph.D., is founder and artistic director of the former Empatheatre and has been a group and individual therapist for 35 years. She presently works with women who are living with cancer.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Nancy Seubert, M.Div., grew up in Eugene, OR. She coordinates the Justice, Peace, and Sustainability Office for the IHM Sisters of Monroe.

Shara Lyn El is an empath, Earth steward, conscious dreamer and Mayan Solar Initiate offering shamanic healing/counseling, ritual and ceremony, and identification and release of intrusive energies.

Clarence "Clare" Sheufelt has been practicing and teaching Reiki for seven years.

Ann Brooks Shinall, MD, has been immersed in Ortho-Bionomy since 1989. **Terri Lee**, NCTMB, Advanced Instructor, has been teaching and practicing Ortho-Bionomy for 25 years.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Victoria Silks is certified by Art and Science International Academy of Color Technologies as an advanced Level 3 Auro-Soma teacher, and has been working with Auro-Soma since 1995.

Sheila Quinn Simpson is an author, educator, consultant, and speaker on issues related to well-being.

Anneliese Sinott, OP, has been an Adrian Dominican for 51 years. Since 1978, she has been engaged in theological education for those preparing ministry.

Laz Slomovits is a singer/songwriter of the well-loved duo, Gemini. **Helen Slomovits** is a musician, student of Taita Iachak Alverto Taxo and energy healer.

SMART (Southeast Michigan Astrologers' Round Table) is a consortium of series astrology students and professionals who have been meeting since 1994. They are a chapter of the National Council for Geocosmic Research. Formerly known as Astrology Study Group of Washtenaw County.

Prema Lindsay Smith, RN, BSN, is the proprietor of Inner Balance Therapy for the past five years. She has been in private practice for over 30 years, specializing in craniofacial therapy, massage and bodywork.

Rodney Smith has been reading astrology and tarot professionally since the mid-1990's.

Mary Southard, CSJ, a Sister of Saint Joseph of LaGrange, IL, is an artist, experienced educator, spiritual companion, retreat director, and workshop leader/facilitator.

Paul St. John is the founder of the St. John Method of Neuromuscular Therapy.

Kit Stacey feels a deep connection to the shamanic path and shamanic journeying techniques, and is a psychic and intuitive.

Ema Stefanova, E-RYT 500, member JAYT, is a master yoga teacher, yoga and meditation RYS 200 and RYS 500, school owner, teacher trainer, author and yoga therapist in private practice since 1979.

Gari Stein, an active member of the early childhood community with degrees in psychology and dance, has been an educator for 40 years and music specialist for 15 years.

Mary Stevens, LMSW, is a clinical social worker and founder of Life Cycles, which offers counseling, classes and ceremonies for all of life's changes.

Judy Stone has a nutritionist practice devoted to helping people improve and maintain health with the goal of reducing or avoiding the risks and side effects of pharmaceutical medicine. She is author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life.*

Dave Storer is a writer and certified creativity coach offering classes, retreats and individual coaching in support of all phases of creative life.

Monica Stuhlreyer, IHM, has a background as a religious educator, pastoral associate, formation director of both religious and laity, and spiritual director. She is coordinator of the IHM Associates and is on staff of Visitation North.

Don Alverto Taxo of Ecuador is a Master Iachak (wisdom keeper and leader) of the Atis (Kichwa) indigenous nation. He was given this highest title by the Shamanic Council of South America and generously shares his Andean wisdom and practices.

Janene Ternes is a commissioned spiritual director through the Ignation Spirituality Program at Manresa Jesuit Retreat House and founder of Prayer in Motion.

Paul Thielking, MD, is an Integrative Psychiatrist who combines conventional psychiatric care with alternative and complementary approaches.

Stephanie Tighe, MSW has an advanced degree in social work, is a shamanic practitioner, and graduate of the Foundation for Shamanic Studies Three Year Program in Advanced Shamanism and Shamanic Healing. She is also a Certified Shamanic Counselor.

Tlakaelel, Toteca-Chichimeka elder, was commissioned by the Council of Anahuak with a spiritual mission. With other colleagues, he has developed the Four Colors Ceremony, a unifying ceremony honoring the four directions and four colors of humanity.

Gail Tola has been drumming for 16 years and has facilitated drumming workshops for eight years. She has been a student of Michael Drake and Judith Thompson.

Roger Tolle is an instructor of the Trager Approach to Movement Education and Mind Body Integration. He has a BA in theater movement and was a professional dancer and choreographer in Boston and NYC.

Tsogyelgar Dharma Center, a small residential meditation center outside Ann Arbor, teaches the Nyingma lineage of Tibetan Buddhism.

Nancy Udow is certified by the National Iyengar Association and has taught yoga for 12 years.

Karen Ufer, certified in the Iyengar method, established Yoga Focus in 1994 and has 20 years of teaching experience.

University of Michigan Museum of Art is considered one of the first university art museums in the country with collections in excess of 17,000 works of art and a diverse and ambitious schedule of special exhibitions and programs.

University Musical Society is a non-profit arts presenter bringing the best touring music, dance and theater to Ann Arbor for 126 years, hosting more than 60-75 performances and over 100 free educational events each season.

Kathleen Vakalo has a Bachelor's Degree in Philosophy and a Master's in Educational Psychology, and worked for 15 years in educational fundraising and alumni relations.

Gregory Velzy is a spirit healer, teacher, and professional astrologer with over 20 years experience.

Miguel Angel Vergara is former cultural director of Chichen Itza, medicine man, and author of five books.

Visitation Spirituality Center in Monroe offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs welcome. **Visitation North** is located in Bloomfield Hills.

Cam Vozar, LMSW, CSW, LMFT, is a psychotherapist in private practice for over 20 years. He is a Level II EMDR certified therapist.

Bapak Waleed, a spiritual teacher of the Sufi healing traditions, is adept in the knowledge and practice of Sufi healing, meditation and whirling.

Merri Walters has been a holistic health practitioner in Ann Arbor for over 25 years. Working with and teaching about flower essences has been an integral part of her practice.

Richard Weber has studied astrology for over 15 years.

Helen Weingarten co-founded and co-directed an interdisciplinary program on understandng conflict and its management during her academic career at U. of M., School of Social Work, and has had the rare opportunity to present and discuss her writings on confict and internationality with His Holiness the Dalai Lama.

Susan Weir is a senior teacher at Deep Spring Center, and has been leading meditation and teaching insight meditation since 1998.

Teachers and the Centers (continued)

Benjy Wertheimer has studied Indian classical music for over 20 years, and tours and records with Krishna Das. **Heather Wertheimer** is a singer, songwriter, guitarist and yoga teacher.

Christia West is a graduate of AAIMT, nationally certified through the NCBTMB, and has been practicing massage therapy since 1999.

Suzy Wienckowski, a Reiki Master and Registered Massage Therapist, has 27 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Wild Swan Theater is Michigan's premier theater for families, presenting over 150 high quality and affordable performances each year to the community for 25 years.

Karen Williams and **Diana Kardia** of Raging Magma Life Productions use a team-based intensive coaching approach to help small businesses develop clear visions, realistic sustainable strategies, and comprehensive support tools, systems, and community.

Eve Wilson, a natural intuitive, has been a full-time healer and trainer of healer practitioners since 1986.

Ryan Wilson is a fifth degree Black Sash and master instructor in the Kang-Nei-Chin System of Kung Fu, with extensive training in internal energy modalities, Chinese homeopathic, and complementary medicine.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Certified Transformational Breath Facilitator.

Lisa Wolf, MA, LLP, is a clinical psychologist and Pathwork Helper. In addition to her work as a therapist, she is also a musician and mother.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 38 years experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual, and physical wellbeing. She teaches at the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung.

Ann Zalek, BS, NCTMB, is a Reiki Master/Teacher and Nationally Certified Massage Therapist at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Christy Zarek is a graduate of AAIMT and has practiced massage for over 5 years. She has had extensive training in the art of Stone Therapy and is Nationally Certified through the NCBTMB.

Writers/Journalists/Essayists Wanted
We're interested in journalistic articles, non-fiction stories, personal essays, commentary, thought pieces, interviews with mind-bending individuals, and other flotsam. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net

Illustrators and Artists Welcomed
We regularly include drawings and illustrations in the *Crazy Wisdom Community Journal*. Token pay, but good exposure, and pleasant work environment (your home). For more information, or to submit artwork and illustrations, contact our Design Editor, Molly Nuzzo, at mollym7420@yahoo.com.

Karlta Zarley, RN, CHTP, has 26 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice in Ann Arbor for 8 years as a professional Patient Advocate, Educator, Healer and Spiritual Director, teaching and working with Healing Touch energy.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

The Crazy Wisdom Salon

Please join us for the fifth season of the Crazy Wisdom Bookstore Salon as we explore the relationship between our local Ann Arbor community and the interconnected global arena:

Bringing Home the Global Village

We have an amazing group of highly articulate community leaders who will share with us their perspectives and invite your participation in this discussion about the nature of our community and its place in the evolving and ever changing national and international network.

THE CRAZY WISDOM SALON

Thursday, September, 27
Nurturing A Local Living Economy in an Era of Globalization
Paul Saginaw, Founder and President, Zingerman's Enterprises
Board Member, Business Alliance for Local Living Economies
Bill Zirinsky, Co-Owner of Crazy Wisdom Bookstore
Lisa Dugdale, Executive Director, Think Local First

Thursday, October 18
Weaving the Connections between Local, National and Global Networks
Roger Newton, President and CEO, Esperion Therapeutics, Inc.
Chairman of the Board, Golden Courage International
Karl Pohrt, Owner of Shaman Drum Bookstore

Thursday, November 15
The Global Village Here in Ann Arbor: Stories of Arrival and Integration
Sara Al-Rawi, ND, MPH, Naturopath,
Clinical Researcher, Complementary
and Alternative Medical Research Center, U of M
Xiaofeng Zhou, Manager, Safety & Risk Management, Pfizer, Inc.

**Facilitated by Lucinda Kurtz,
Healing Science Practitioner
For more information call Lucinda at 665-9160**

Crazy Wisdom Bookstore and Tea Room

Weber Center

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presents

The Journey Into Deep Time: Be Amazed
October 5-7

Esther Kennedy, OP, director of Spirit Mountain Retreat in Idyllwild, California, believes that story has the power to open us to an experience of greater aliveness. The Universe as Story will be the context and source of Revelation for this weekend.

Single-occupancy: $ 200 / Double: $ 125 per person / Commuter: $ 100

Norma Gentile Sings Hildegard von Bingen
Sunday, November 11, 5 pm

Relax into a meditation time as Norma Gentile performs, accompanied by sacred Tibetan Singing Bowls.

Advance purchase: $15; $ 20 at the door

Come and Paint
November 9- 11

Mary Southard, CSJ, encourages participants to listen to their deeper selves as they paint, and to trust what emerges. Bring your favorite brushes, a paint smock and your journal.

Single-occupancy: $ 225 / Double $ 150 per person / Commuter: $ 125

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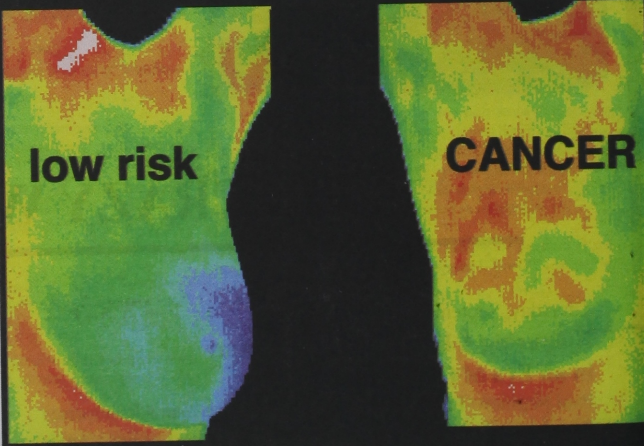

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